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Celebrity pg 45

K-Fed OK with his extra heft

Nothing to smile about for this prank

CALL A Belleville man has been admonished by police after making a prank call to a Texas-based prayer line.

The prayer line called police in Texas after receiving a message from a man who said he had just killed his children.

Texas police called Canadian colleagues and the call was traced to a Belleville residence.

City police and a tactical team went to the home Sunday night and the homeowner admitted he had made the call.

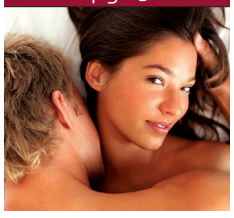
He told officers he had been drinking and was frustrated with the message the prayer line was delivering on TV.

THE CANADIAN PRESS

News on the Move

What's this barcode for?
Learn how to scan the barcode with the instructions at the top of pg 3

Health pg 29



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On the web
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London **On the Fashion Week catwalk**

IAN GAVAN/GETTY IMAGES

Models walk down the catwalk yesterday during the Christopher Kane show during London Fashion Week at the Topshop Venue in London, England. Designers are displaying their spring/summer 2010 lines. More coverage, page 40.

Disappearing act

CN Tower, Rogers Centre, city hall missing from TTC map

The CN Tower is a 10-minute jaunt from St. Andrew subway station. But a new TTC map posted at the station doesn't show that.

According to the map, the Toronto landmark doesn't exist. Neither do the Rogers Centre or city hall.

The maps have been raising eyebrows since they started to appear three weeks ago.

"It's unacceptable. I wouldn't even accept work from my students — I wouldn't even look at it — if it had those types of errors."
Mitchell Kosny, Ryerson University

The St. Andrew edition also has several glaring typos. The Gardiner Expressway is listed as the "Gardner," and the Toronto Eaton Centre is incorrectly dubbed the "Eaton's Centre."

"It's unacceptable," said Mitchell Kosny, director of the school of urban and regional planning at Ryerson University. "I wouldn't even accept work from my students — I wouldn't even look at it — if it had those types of errors."

The maps will be taken down and redone, said transit chair Adam Giambrone.

"Part of the issue is there is no one who oversees map creation ... This time, I'll see the maps before they go up," he said.

The maps cost the city about $2,000.

TORSTAR NEWS SERVICE

Murder charge for teen

Police are accusing a 14-year-old girl of first-degree murder in the beating death of a homeless man in a Scarborough cemetery — the first time in at least 30 years a GTA girl that young has faced that charge.

Merhawi Tekle

Arrested early yesterday, the girl appeared in court hours later accused of the deliberate, premeditated killing of Benson George Smith, 61, who was severely beaten in sprawling Pine Hills Cemetery Sept. 12.

Smith died in hospital six days later.

A review of newspaper databases back to 1977 turned up no other GTA girls aged 14 or younger facing first-degree murder, a charge reserved for deliberate, premeditated killings.

Police waited until after the girl's court appearance to announce her arrest and later refused to elaborate, citing the Youth Criminal Justice Act, which forbids the publication of details that could identify minors.

Investigators are also seeking a 26-year-old Toronto man in the case and say he will also face a charge of first-degree murder. A Canada-wide warrant is issued for Merhawi Tekle.

Anyone with information should contact Toronto police at 416-808-4104 or Crime Stoppers at 416-222-TIPS.

TORSTAR NEWS SERVICE

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ScanLife

Local

City council to vote on taxi fare increase

Taxi fares in Toronto should remain unchanged, the city's licensing and standards committee recommends. City council last increased cab fares by 14 per cent in mid-2008, but since then the cost of operating a cab has dropped, according to a staff report. Insurance costs are up, but that's been more than offset by fuel price decreases, according to a formula used by the city to calculate operating costs. City council will consider the issue at its next meeting starting Sept. 30. TORSTAR NEWS SERVICE

METRO INTERNATIONAL NEWSPAPER OF THE YEAR 2009 Festival of Media Awards

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Tomorrow's Metro

Comment

Paul Sullivan brings his West View on Canadian current events to Metro readers.

metronews.ca

WHAT'S ONLINE TODAY

Video Lawyers claim case against terror suspect Mohamed Arkat "getting weaker" after bail conditions eased at **metronews.ca/canada**

Your Money Allan Small weighs the pros and cons of when to sell off market investments at **metronews.ca/investing**

Lotteries

Ontario Pick 3: 5 9 5; **Ontario Pick 4:** 5 4 1 9
Encore: 3453260
Daily Keno: 1, 5, 7, 9, 15, 17, 19, 20, 27, 36, 40, 47, 49, 52, 53, 55, 57, 62, 65, 69
These results are not official.

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McGuinty eyes crackdown

Premier looking at ways to protect students from rogue colleges

The province could be doing more to protect students from colleges handing out dubious diplomas and will look at ways to ensure people get the education they paid for, Premier Dalton McGuinty said yesterday.

"I'm not sure it is adequate for us, at this point in time, simply to give notice online as to whether a college is legal or illegal, registered or unregistered," he said after an event in North Bay.

> **"I'm not sure it is adequate for us ... simply to give notice online as to whether a college is legal or illegal."**
> Dalton McGuinty

McGuinty said he hadn't spoken to Minister of Colleges and Universities John Milloy about possible options yet, but added he would be looking into it.

m.metronews.ca

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He also said students, like any consumer, must pay attention to the services they're purchasing.

Earlier this year, 11 students who graduated from the health information management program at Sudbury's Cambrian College complained that it was unaccredited and did not adequately qualify them for jobs in their chosen field.

Ontario ombudsman Andre Marin concluded the province "abdicated" its responsibility to ensure the students were getting the education they paid for and recommended the school compensate the students. THE CANADIAN PRESS

GO rolling out new bike lockups

CARFREE Today's World Carfree Day is paved with good intentions but providing space for alternatives to the car can be costly.

As in: $1,800 per cyclist using GO Transit's new secure bike lockups in Hamilton and Burlington, $3,700 per cyclist using GO's new bike shelters, and $85,000 overall for the pilot project.

Opening Oct. 1, the new bike lockups at the end of GO's Lakeshore West line will allow commuters to ride to the station and — at a cost of $85 a year — get on the train certain their wheels will still be there when they return. TORSTAR NEWS SERVICE

$3M

GO Transit also has a $3 million, two-year program to upgrade its non-secure bike storage across the system.

Premiere The Trailer Park moves into Toronto

JOHN F. KENNEDY/FOR METRO TORONTO

Robb Wells, left, Mike Smith and John Paul Tremblay — better known as Ricky, Bubbles and Julian — arrive at the Scotiabank Theatre in Toronto for the Canadian premiere of their new movie Trailer Park Boys: Countdown to Liquor Day. The comedy opens in cinemas Friday.

Mississauga teen arrested after school stabbing

CRIME A 17-year-old student was arrested at his home and charged after a classmate was stabbed in the hallway of T.L. Kennedy Secondary School in Mississauga yesterday.

The youth has been charged with aggravated assault, breach of probation and breach of recognizance. He can't be identified under the Youth Criminal Justice Act.

The arrest came after another 17-year-old male student was admitted to hospital with a stab wound to his shoulder, according to witnesses.

The victim is expected to make a full recovery. TORSTAR NEWS SERVICE

Bail

- Students who witnessed the attack said the teen had a golf-ball-sized hole in his upper arm.
- The arrested teen will appear at a bail hearing in Brampton today.

News in brief

ENVIRONMENT The City of Toronto faces the possibility of heavy fines after Ontario's environment ministry laid charges alleging the Ashbridge's Bay sewage plant allowed partially treated sewage to flow into Lake Ontario for several days. Lou Di Gironimo, general manager of Toronto Water, says the city plans to defend itself "vigorously." The charges arose after a storm in late 2006. TORSTAR NEWS SERVICE

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Keswick man charged with drunk lawnmowering

A Keswick man was charged with drunk driving after piloting his riding lawnmower into oncoming traffic on an Uxbridge road. Jessy Barbon, 22, is charged with impaired driving and failure to comply with recognizance. TORSTAR NEWS SERVICE

Police appeal to girl's classmates

Toronto police have issued a direct appeal to students at a north-end high school as they continue their search for Mariam Makhniashvili.

The 17-year-old girl was last seen by her family when she left for Forest Hill Collegiate Institute with her younger brother last Monday.

Principal Peggy Aitchison told students yesterday that she hoped the special assembly "jogs a memory or twigs a thought" that could help police find the teenager.

Staff Insp. Larry Sinclair asked students to "take their minds back to last Monday morning at about 8:40 a.m." when Mariam and her brother, George, walked to school a short distance from their home.

He assured students that if they recall something about this "jigsaw puzzle," and have not yet told police they will not be in any trouble.

Det.-Sgt. Dan Nealon, the officer in charge of the search, also told students that police have no evidence to suggest an abduction or foul play. He asked students who might be aware of any computer user names Mariam might have used to advise police. THE CANADIAN PRESS

Information?

- Anyone with information can call 416-222-TIPS

TONY BOCK/TORSTAR NEWS SERVICE

Police continue to look for Mariam Makhniashvili.

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Smitherman, Miller trading political shots

ELECTION Hundreds of wind energy experts at a Toronto convention witnessed some early sparring in the city's next mayoral race as both Mayor David Miller and provincial Energy Minister George Smitherman took the stage — and a couple of thinly veiled shots.

Green

- George Smitherman is expected to make further green energy announcements this week.

It's something that could happen more often as the mayor and the MPP for Toronto Centre-Rosedale come into contact at public events with Smitherman promising a decision on a run for Miller's job in next fall's election after declaring earlier this month that the "status quo" is not working at city hall.

After Miller praised Smitherman for his "leadership" in pushing green energy initiatives, the mayor warned about the "devil in the details" — something to which Smitherman took polite exception.

"I know the mayor is also a lawyer and I really notice lawyers are always dispensing this 'devil in the details' messaging, which is supposed to make everybody skeptical and very suspicious," said Smitherman. TORSTAR NEWS SERVICE

News in brief

LOTTO WINNER With more than $20 million clutched firmly in his hand, Michael Honey knew just how he'd spend it. A wireless Internet stick for his laptop. So much for winning $20.4 million in the weekend Lotto 6/49 draw. What's left over — and that's just about all of it — is headed for the bank, where Honey said it will gather interest ... and dust. Oh, yes, he said he'll also get a new laptop computer and a dishwasher, too. He said he'd take his time to think about buying something extravagant.

TORSTAR NEWS SERVICE

The Sound of Music

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New trial sought in Dooley case

A father convicted of murder in what has been described as one of the worst cases of child abuse in Canadian history should get a new trial because the emotional language used by the judge swayed jurors, court heard yesterday.

Tony Dooley

When seven-year-old Randal Dooley died in September 1998 an autopsy on his emaciated, 40-pound body found a tapestry of scars and bruises, 13 broken ribs, a lacerated liver and a tooth in his stomach.

His father, Tony Dooley, and stepmother, Marcia Dooley, were convicted in 2002 of second-degree murder. They are each appealing their convictions and asking Ontario's Court of Appeal for new trials. Marcia Dooley is appealing her sentence as well.

The pair was sentenced to life in prison. Parole eligibility for Marcia Dooley, who was characterized at trial as the primary abuser, was set at 18 years. Tony Dooley was to be eligible for parole after 13 years.

His lawyer, Clayton Ruby, argued that one of the grounds for appeal is what he described as inflammatory language by the trial judge.

"This was a tragic and highly emotional case that was widely publicized up to and throughout the trial," Ruby told the Appeal Court.

"The opportunities for hatred and disgust at these two black accused persons in the public mind were numerous."

THE CANADIAN PRESS

CARLOS OSORIO/TORSTAR NEWS SERVICE

Harbhajan Kang, a worker at Reesor Farms just north of Toronto, is seen carrying a pumpkin to a waiting truck. Today is the start of fall, so expect days to get darker sooner.

Summer's gone, here comes fall

EQUINOX We squeezed as much as we could out of summer these last few weeks, but at 5:18 p.m. today, it will officially come to an end.

Today is the autumnal equinox, or the first day of fall, when the length of day roughly equals the night.

Starting tomorrow — and for the next six months — there will be more darkness than light.

It's one of two times during the year when the sun is directly over the earth's equator. It's also when the length of day changes at the fastest rate.

We're losing four minutes of light every day, said John Percy, professor emeritus in astronomy and astrophysics at the University of Toronto.

"For some of us, we can actually detect that in our sleep patterns."

But it's not all bleak. Of course, there are the fall colours, pumpkin pie, hockey season and Halloween to look forward to.

What's more, one of the country's leading weather experts says we can expect the unseasonably warm temperatures we have enjoyed of late to continue a little while longer.

"It may be the first part of fall will be the summer we never had," said David Phillips, senior climatologist at Environment Canada.

TORSTAR NEWS SERVICE

Man admits he belonged to terror cell

TERRORISM Another member of the so-called Toronto 18, which was allegedly plotting to detonate truck bombs in downtown Toronto, admitted in a Brampton court yesterday that he belonged to a homegrown terror cell.

Ali Dirie, 26, who was arrested while allegedly smuggling guns into the country, pleaded guilty to one count of participating in or contributing to a terrorist group. He still faces a charge for gun smuggling.

According to the Crown, the terror plot first popped onto the radar of police in August 2005, when Dirie and co-accused Yasin Abdi Mohamed were stopped at the Canada-U.S. border in a rented vehicle while attempting to smuggle firearms and ammunition into the country. Mohamed has since had his charges stayed.

The Scarborough man will be back in court tomorrow for sentencing submissions. Sentencing is scheduled for Oct. 2.

TORSTAR NEWS SERVICE

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the Bay

My Record aims at helping newcomers

My Record, a new pilot project created by Ontario's community colleges, offers a way to help skilled newcomers build their own education and employment portfolios through a standard, streamlined process, with the help of accredited agencies and a secure database accessible only to people entitled to see the information. TORSTAR NEWS SERVICE

Inquest to determine nature of Maltar death

INVESTIGATION James Maltar was fatally shot in the head with a police officer's gun four years ago, but it is still unclear who pulled the trigger.

The province's Special Investigations Unit, which probes all cases of serious injury or death involving police, concluded Maltar killed himself in a Port Credit police detachment.

The 45-year-old's family had serious doubts about the ruling after reviewing the physical evidence. They took their concerns to the Ombudsman's office, which would go on launch a sweeping review of the civilian agency. "But still we don't have answers," said Rob Maltar, the victim's brother.

A coroner's inquest into the events of September 18, 2005 began at a downtown hearing room yesterday. A major question the jury is being asked whether Maltar's death should be classified as a suicide or a homicide.

TORSTAR NEWS SERVICE

COLIN MCCONNELL/TORSTAR NEWS SERVICE

Teacher Dora Dilic reads to her kindergarten class at Bruce Junior Public School yesterday. The province is close to approving a plan to put kindergarten teachers in class for a full day.

'Seamless day' closer

EDUCATION The province, in an apparent move to appease the elementary teachers' union, is close to approving a plan that would put kindergarten teachers at the front of the classroom for an entire day.

Sources say the McGuinty government is "heavily leaning" toward such a model for its promise of full-day learning for the province's youngest students — one that would also have at least one early childhood educator working in the classroom — even though it could cost hundreds of millions more each year and increase class sizes.

The model recommended by early learning adviser Charles Pascal had teachers continuing with the current half-day of instruction and early childhood workers overseeing the other half, as well as before- and after-school care. Its unclear how the province's plan would affect after-school care. However, the "seamless day" is considered key.

TORSTAR NEWS SERVICE

Guinness updating records on CN Tower

Record keeper 're-presents' Toronto icon with title

In Japan, China and Dubai, they build, dream, and break records with architecture.

In Toronto, the CN Tower stands at an unchangeable 553 metres, and watches helplessly as other contenders creep higher and higher.

It seemed to have lost its champion status in January when the 800-metre — and still growing — Burj Dubai was formally recognized by the Guinness Book of World Records as the world's "tallest freestanding structure."

Records

- In the 2005 edition of Guinness, the CN Tower was classified as the tallest freestanding structure on land.

But Guinness, like a teacher bent on giving awards to everybody, is getting more specific in how it describes the concrete wonder. The latest designation the CN Tower can add to its pamphlets? The world's tallest freestanding tower.

Guinness "re-presented" the award to the 553-metre icon yesterday.

"We're simply just updating the records, as it should have been originally," said Carey Low, a Canadian adjudicator with Guinness.

"I understand that some people might think it's semantics."

TORSTAR NEWS SERVICE

KATIE DAUBS/TORSTAR NEWS SERVICE

Canadian record keeper Carey Low, left, presents the CN Tower's CEO Jack Robinson with the Guinness World Records certificate for the world's tallest freestanding tower.

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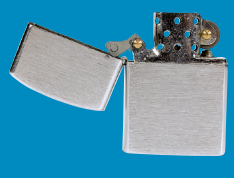
Body found on beach identified as Picton woman

Police have identified the victim of a suspected homicide on a beach near Algonquin Park as a 26-year-old woman from Picton, Ont. A post-mortem has been conducted in Toronto on the body of Steffany Natasha Gardiner, but the results have not yet been released. THE CANADIAN PRESS

Canada



Fire safety project aimed at kids

Canada's fire chiefs have announced a pilot project aimed at limiting children's access to lighters and matches. The pilot project will begin in Calgary, Toronto and Winnipeg, as well as several smaller communities in Ontario. Fire department staff will ask retailers to voluntarily refuse to sell matches and lighters to minors. The project also seeks to educate parents and caregivers about the impact of children playing with fire. THE CANADIAN PRESS

Terror suspect's curbs eased

Judge OK's lighter bail conditions for alleged al-Qaida collaborator

Terror suspect Mohamed Harkat planned an outing with his 10-year-old niece to mark the return of simple freedoms he hasn't enjoyed since his arrest almost seven years ago.

A Federal Court judge and lawyers for all parties approved lighter release conditions for Harkat yesterday, but some bail-related issues remained in the case.

A new federal risk assessment has concluded that Harkat's high public profile makes the alleged al-Qaida collaborator less dangerous.

Supporters applauded, and Harkat and wife Sophie wept, as Justice Simon Noel read the news in court yesterday.

The list of bail conditions on Harkat has been reduced to three pages from 10, but defence lawyers are seeking more freedoms for their client.

Noel said there will be no more surveillance cameras in Harkat's Ottawa home, no need to approve visitors, and no further interception of mail and phone calls.

However, Harkat must still wear a monitoring bracelet on his ankle, report to authorities weekly, refrain from associating with terrorists or other criminals, and use only the telephone land lines in his home. He can travel unsupervised solely in the Ottawa area and his passport remains in trust with federal agents.

The government has been trying to deport the Algerian-born Harkat using a national security certificate, a rarely employed immigration provision, since his December 2002 arrest.

THE CANADIAN PRESS

SEAN KILPATRICK/THE CANADIAN PRESS

Mohamed Harkat gives a thumbs up as he drives away from the Supreme Court of Canada in Ottawa yesterday after a judge and lawyers for all parties approved lighter bail conditions.

m.metronews.ca

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B.C. creating law that could force homeless into shelters

STREETS The B.C. government is drafting a law that gives police the power to force people to go to homeless shelters during bad weather this winter — a law critics claim is aimed at cleaning up Vancouver streets in time for the 2010 Winter Olympics.

B.C. Housing and Social Development Minister Rich Coleman said yesterday the proposed law will give police the extraordinary power to bring people to homeless shelters, but doesn't compel them to stay once they arrive.

The law will be the first of its kind in Canada, despite British Columbia's more temperate climate, and it's already raising alarm bells among civil liberties groups who say the B.C. government is considering forcing the homeless into jail-like circumstances on the eve of the Olympic Games.

THE CANADIAN PRESS

Vancouver

- A study by researchers at three universities has concluded up to 4,000 people were homeless in the Greater Vancouver region alone in 2006. And critics say that number has only grown.

Guelph **Whatcha got there?**

FRANK GUNN/THE CANADIAN PRESS

Prime Minister Stephen Harper operates a robot as Industry Minister Tony Clement looks on during the opening of the Linamar Centre of Excellence in Guelph, Ont., yesterday.

News in brief

PRINCE OF POT A Dawson Creek, B.C., rally in support of Canada's so-called Prince of Pot drew four people, prompting an organizer to joke about the stereotypes of marijuana smokers being lazy. Marc Emery is scheduled to be extradited to the U.S. on Sept. 28 for selling cannabis seeds by mail to customers south of the border.

INFANT An infant boy in Winnipeg remains in serious but stable condition after being hit in the head during what police believe was a domestic dispute. Police allege the boy's father swung a golf club shaft, striking the infant.

THE CANADIAN PRESS

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Saskatchewan man killed on charity mission to Honduras
A Saskatchewan man who travelled to Honduras to help with a charity that fights AIDS in children has been fatally shot by two masked gunmen. A statement on the website of The Jayne Morgan Project says Dallas Martens was trying to protect his wife, Krissy, from a robbery attempt when he was shot. THE CANADIAN PRESS

Diplomacy key to ending Afghan war: Senator

A diplomatic offensive must accompany the renewal of NATO's military campaign, or the nearly eight-year-old war in Afghanistan is doomed to fail, a Liberal senator said yesterday.

The top U.S. and NATO commander in the war-ravaged country is asking for more troops and a fundamental refocusing of the alliance's efforts. But the head of the Senate defence committee says every expert in counter-insurgency warfare will tell you that a political settlement is the only real exit strategy.

Senator Colin Kenny said he's seen no sign that either Washington or Ottawa is interested in backing a serious push by the Afghan government toward reconciliation.

"I certainly from Day 1 thought (Defence Minister Peter) MacKay was a nitwit to suggest we should not be talking to the Taliban." Senator Colin Kenny

The line in Canada has been that the government does not talk with the Taliban and negotiations with insurgents are the responsibility of Afghan President Hamid Karzai.

"I certainly from Day 1 thought (Defence Minister Peter) MacKay was a nitwit to suggest we should not be talking to the Taliban," said Kenny, who raised the ire of politicians and the military by comparing Canada's role in the Afghan conflict to the failed U.S. intervention in Vietnam.

"It's foolish to think you can bring something like this to an end without talking to the folks on the other side."

Karzai's government tried as late as last spring to open a dialogue with senior Taliban leaders. The effort foundered and was treated dismissively by the western allies.

THE CANADIAN PRESS

Immigration plan giving new hope to Afghan interpreters

MILITARY An unexpected knock, a threatening late-night phone call, a so-called "night letter" nailed to the front door — such intimidation tactics are a chilling fact of life for locals who work as translators for the Canadian Forces or federal agencies in Afghanistan.

It's hardly surprising, then, that many are overjoyed that Ottawa will be fast-tracking permanent trips to Canada for those locals who face what Immigration Minister Jason Kenney called "extraordinary personal risk" as a result of their work.

The program, which is set to get underway next month, will ensure interpreters who have worked with Canada's military or civilian agencies get special consideration if they express a desire to emigrate to Canada.

"When I am at home, I can't sleep very well. Our home is actually in a safe area, but I'm scared a lot," said one interpreter, a medical student in Kandahar city who has worked for the Canadians at Kandahar Airfield for nearly four years. The interpreter spoke only on condition of anonymity, for fear of reprisals — an ever-present danger for local Afghans who are perceived to be providing support to NATO forces in Afghanistan.

Applicants will need to meet standard immigration criteria such as criminal, medical and security screening before being allowed to come to Canada.

THE CANADIAN PRESS

Risky but lucrative

- The interpreters — "terps," in military parlance — are vital in the effort to communicate with most Afghans. By the country's usual standards, it's lucrative work — $600 a month, compared with the national average of just $300 a year. Afghan soldiers, by comparison, make $250 a month.

Harper on climate hot seat

ENVIRONMENT Prime Minister Stephen Harper kicks off international meetings today that will address climate change, trade relations with New York, peace in Pakistan and recovery from the financial crisis.

But before he can boast to his G20 colleagues about Canada's strong banking system and moderate recession, he'll face scrutiny on his low-profile climate change stance.

The prime minister will be one of 100 dinner guests invited by UN Secretary General Ban Ki-moon today to talk about the environment, in the hopes of finding common ground before countries meet in Copenhagen in December to sign a new global climate change treaty.

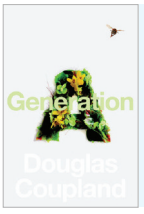
Harper has been largely silent on what a new treaty should look like. Senior government officials emphasized the need to co-operate "closely" with the White House on climate change. But the United States has been roundly criticized for not addressing climate change adequately. THE CANADIAN PRESS

News in brief

POLITICS Martin Cauchon, a powerful member of the Chretien government, has apparently lost his bid to re-enter politics in Montreal's Outremont riding, a onetime Liberal fortress Cauchon once held for the party. Leader Michael Ignatieff has announced the nod will go to a woman, amid reports the party is courting Nathalie Le Prohon.

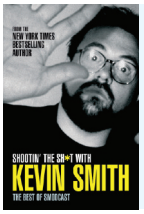
ORILLIA A man suffered life-threatening injuries Sunday evening after a suspected explosion tore through an Orillia rooming house. Seven others who also lived there were uninjured. The cause is being investigated. THE CANADIAN PRESS

WHAT'S ON
September Events
At Indigo Books & Music, September is packed with in-store events, author readings and newsworthy personalities.

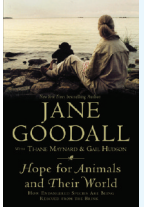


Douglas Coupland
Tuesday, September 22nd, 7pm
Chapters Bayview Village
He is the author of the #1 international bestseller *JPod* (also a TV series) and nine other novels including *The Gum Thief*, and *Generation X*. Join us as **Douglas Coupland** speaks and signs copies of *Generation A*.

2010 Toronto Fire Fighter Calendar is here!
Wednesday, September 23rd, 12:30pm
Indigo Eaton Centre
Meet the fire fighters, buy a calendar and help support the *Fire Fighters' Cancer Research Fund* at **Princess Margaret Hospital**.



Kevin Smith
Thursday, September 24th, 7pm
Indigo Eaton Centre
Following on from the New York Times-bestselling *My Boring-Ass Life*, **Kevin Smith** is back! Join us as Kevin signs copies of *Shootin' the Sh*t with Kevin Smith*.



Jane Goodall
Thursday, September 24th, 7pm
Indigo Manulife Centre
An internationally renowned conservationist, she is the founder of the **Jane Goodall Institute**. Join us as Jane speaks and signs copies of *Hope for Animals and Their World*.

Chapters Indigo
indigo.ca/events
twitter.com/indigogreenroom

DARREN CALABRESE/THE CANADIAN PRESS

Liberal Leader Michael Ignatieff speaks to journalists yesterday during a press conference in Toronto.

No tax hikes, Ignatieff vows

Canada can no longer afford the Conservative government, Liberal Leader Michael Ignatieff said yesterday as he unveiled his party's economic platform, promising not to raise taxes to eliminate a growing federal deficit.

The country is in worse economic shape after four years of Conservative rule under Prime Minister Stephen Harper and is saddled with a government "whose ambition is limited to their own survival," Ignatieff told the Toronto Board of Trade. "How can we support a government that is so smugly satisfied with achieving so little?" Ignatieff asked the business audience.

Harper misled Canadians about the size of the federal deficit even before the Conservatives confirmed there would be a $32-billion deficit this year, which grew to $50 billion and then "ballooned" to $56 billion, said Ignatieff.

"Expenditure control alone can't dig us out of the mess Mr. Harper has left us," said Ignatieff, who promised a Liberal government would not raise taxes when the economic recovery is so fragile.

Ignatieff also accused the Conservatives of favouring ridings they hold with funding from the stimulus package, saying opposition-held ridings got one-third less than Tory-held ridings. THE CANADIAN PRESS

Rebound may derail recovery: Analysts

FINANCES A strong economic recovery after a painful year of recession is laying a trap for policy-makers that could derail a smooth, sustainable recovery over the next few years.

Several economists are cautioning not to believe all the indicators pointing to a robust V-shaped rebound that would quickly erase the losses from the year-long slump.

Scotiabank economists say Canada's economy is behaving like a trampoline. With retail data expected to show a strong gain in July, the bank's economists say it is possible for growth to have advanced about one per cent during the month, the best one-month gain in five years.

The economists have now joined Merrill Lynch's Sheryl King, who forecasts as much as 3.5 per cent growth in the third quarter. That's a remarkable turnaround for an economy that shrank 3.4 per cent in the second quarter and 6.1 per cent in the first. THE CANADIAN PRESS

News in brief

MONTREAL Police say there were no traces of violence on the bodies of a 46-year-old father and his young daughter, who were found in a hotel room in suburban Montreal. Longueuil police spokesman Mark David said autopsies were being performed on the bodies of Albert Pelchat and his six-year-old daughter, Daphnee. THE CANADIAN PRESS

Judge grants delay in 9/11 trial
A U.S. military judge agreed yesterday to another delay in the war crimes trial of five Guantanamo prisoners charged in the Sept. 11 attacks. THE ASSOCIATED PRESS

World

Chess legends reunite for battle

Chess eminences Garry Kasparov, left, and Anatoly Karpov are dusting off their knights and pawns for an exhibition rematch marking the 25th anniversary of their first title bout — a gruelling one that lasted five months and was eventually halted. The two former champions will play 12 games of two kinds of speed chess starting tomorrow in the Spanish city of Valencia.
THE ASSOCIATED PRESS

News in brief

HONDURAS Deposed president Manuel Zelaya defied threats of arrest and returned home to Honduras yesterday, three months after he was forced into exile at gunpoint. Seeking safety at the Brazilian Embassy, Zelaya called on his countrymen to come to the capital for peaceful protest. "It is the moment of reconciliation," he said during a televised speech that featured his voice but not his image.

SUDAN Gunmen attacked a village in southern Sudan and killed some 80 people and wounded 46, said a southern government official yesterday, adding he believed the militia was organized by the central government.

BHUTAN A 6.3-magnitude earthquake shook the remote Himalayan nation of Bhutan yesterday, killing at least 11 people, damaging an ancient monastery and forcing hundreds to flee, officials said. At least 15 people were also injured. THE ASSOCIATED PRESS

EU warns Canada

Says Czech visa ban unfair, system 'too generous'

The European Union's top justice official warned yesterday he will push for retaliatory measures against Canada if it does not take steps toward lifting travel restrictions on Czech citizens by the end of the year.

The EU's Justice and Home Affairs Commissioner Jacques Barrot said Canada's re-imposing of visas on Czech citizens in July "is not acceptable, not just for the Czech Republic but for the European Union as a whole."

He urged Canadian authorities to make progress on lifting the restrictions soon, starting by opening a visa applications centre in Prague as a first step to lifting them altogether.

"If nothing happens by the end of the year, if the Canadians do nothing ... then we will be required to ask the member states whether it will be agreeable to have some form of retaliatory measure," Barrot said.

"Visa reciprocity should be the aim of the European Union, but it's also important to see to it that we don't get into some sort of visa war where the situation escalates ... that would be very unfortunate," said Sweden's Immigration Minister Tobias Billstrom, whose country holds the EU presidency.

Canada abolished visas for Czech citizens in 2007, but re-imposed them in July because of concerns over an excessive number of asylum-seekers, most from the Roma minority claiming discrimination at home. Czech and EU officials have called the Canadian move one-sided and wrong and have demanded Czech visa-free status is restored as soon as possible.

Immigration authorities said 3,000 Czech nationals made refugee claims since visas were lifted in October 2007.

Czech officials complain the Canadian refugee system is too generous and open to abuse by fraudulent applications and people seeking profit through organizing such claims.
THE ASSOCIATED PRESS

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Making it big On Broadway

SETH WENIG/THE ASSOCIATED PRESS

Sultan Kosen of Turkey touches a street sign yesterday in New York. At eight-foot-one, Kosen has been verified by the Guinness Book of World Records as the world's tallest living man.

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Three U.S. people go to court on charges of lying to authorities
The three, including an Afghanistan-born man who allegedly had al-Qaida training, are part of an ongoing terror investigation. THE ASSOCIATED PRESS

Iran remains defiant

Iran's president said yesterday he is proud to stoke international outrage with his latest remarks denying the Holocaust as he heads for the United Nations this week — showing he is as defiant as ever while his country comes under greater pressure to curtail its nuclear program.

Mahmoud Ahmadinejad takes the world stage with a speech tomorrow to the UN General Assembly. He appears intent on showing he has not been weakened by three months of turmoil at home, where the pro-reform opposition has staged dramatic protests claiming Ahmadinejad's victory in June presidential elections was fraudulent.

Ahmadinejad has a reason to try to present his government as strong: On Oct. 1, Iran is to enter key negotiations with the United States and other powers seeking concessions on Iran's nuclear program.

The U.S. and its allies suspect Iran is secretly pursuing a nuclear weapon, warning that Tehran already has enough enriched uranium to build a bomb. Iran denies the accusations, saying it only aims to generate electricity.

THE ASSOCIATED PRESS

VAHID SALEMI/THE ASSOCIATED PRESS

Iranian President Mahmoud Ahmadinejad speaks in front of pictures of the late revolutionary founder Ayatollah Khomeini, left, and supreme leader Ayatollah Ali Khamenei before last Friday's prayers at the Tehran University campus in Tehran.

News in brief

U.S. POLITICS Consensus is building in the U.S. Senate for legislation that would significantly weaken the Federal Reserve by stripping its power to oversee banks and hand that job to a single federal bank regulator. The proposal by Senate Banking Committee chairman Christopher Dodd to merge federal prudential oversight into a single regulator differs from a plan by President Barack Obama. But it's gaining traction with Dodd's peers, who think the central bank didn't do enough to prevent the market crisis. THE ASSOCIATED PRESS

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Russia tepidly welcomes new NATO chief

Russia yesterday welcomed the new NATO chief's call for better ties, but said it's largely up to the alliance to make it happen. THE ASSOCIATED PRESS

Mexico City **Increased security in subways**

GREGORY BULL/THE ASSOCIATED PRESS

A police officer checks a man with a metal detector in a Mexico City subway station yesterday. A new contingent of 1,500 police officers has been assigned to the system after a gunman opened fire inside Balderas subway station during Friday rush hour, killing two people.

China taking green lead?

As the United States lags on climate legislation, China is poised to join the European Union in claiming "front-runner" status among nations battling climate change, the UN climate chief said yesterday.

Yvo de Boer said China is leaping ahead of the U.S. with domestic plans for more energy efficiency, renewable sources of power, cuts in vehicle pollution and closures of dirty plants.

The development marks a dramatic turnabout.

The United States, under former president George W. Bush's administration, long cited inaction by China and India as the reason for rejecting mandatory cuts in greenhouse gases.

"China and India have announced very ambitious national climate change plans. In the case of China, so ambitious that it could well become the front-runner in the fight to address climate change," de Boer said. "The big question mark is the U.S."

THE ASSOCIATED PRESS

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Comment

Prime minister's socialist hook-up

Everything was going the Conservatives' way. They were building a good lead in the polls. The recovering economy was working in Stephen Harper's favour. Michael Ignatieff had nothing in his department store window. His pushing for an unwanted election appeared to be backfiring.

But then, the big retreat. Harper looked at the flavourful prospects, turned and walked away. He caved to NDP demands on employment insurance to avoid going to the polls.

It's not in the prime minister's stern character to back off like that. The prime motivation, it appears, is he decided a majority was not in the offing. To survive he pretty much needs that majority and he wasn't about to take the risk of not getting it.

Harper didn't suffer for his decision. He could have been whacked for chickening out. He could have been mocked for relying on a coalition of sorts to avoid defeat in Parliament — this, having decried the whole idea of anyone aligning with socialists and separatists. But there's a lot of conservative media in this land. They gave him a pass.

Instead, it was the NDP that — weirdly — took the brunt of the criticism. The New Democrats had been pushing for a more generous EI system. They got the government to come their way. Canadians didn't want an election now. The NDP's acceptance of the PM's reforms avoided one. Good on both counts. But instead of receiving plaudits, the Dippers lost the spin game. Even though their polling is close to traditional levels, they were viewed as being desperate to avoid an election.

It's true the New Democrats had long mocked the Liberals for propping up the government and here was Jack Layton doing that very thing. But, unlike the Liberals, this was only one time. And EI reform was not a bad reason. The party had the image of being knee-jerk — of opposing everything the Conservatives did just for the sake of opposing them. This time they looked to be acting rather responsibly.

As for the Harper Conservatives, they have demonstrated a willingness to compromise and have likely assured themselves another six months in power. They could still be defeated on a confidence vote this fall, but it's less likely.

Harper is gambling that his support will increase in the months to come. He decided that if he had to change his stripes and be in league with socialists, so be it. It's politics. Shift happens.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

1Mtweets a revolutionary movement

We all recognize Canadian inventiveness in cool products like the BlackBerry and Lululemon gear. But yesterday was a watershed day in Canadian innovation with the launch of A Million Tweets to Remember, a movement that is revolutionizing the way social causes connect with online communities.

A Million Tweets to Remember — or 1Mtweets in the online world — seeks to digitally memorialize one million people who have lived with Alzheimer's disease. Built on Twitter, the 1Mtweets website allows family and friends to tweet about the Alzheimer's sufferer they are memorializing and to make a donation to research on the aging brain.

Tweeters can also create a multimedia web page — called a twibute — for their loved one to expand the thoughts in their tweet. One in three of us knows someone with Alzheimer's and through a twibute we can give our children a portrait of who they once were.

What's groundbreaking about A Million Tweets to Remember is that it unleashes the power of social networks for a philanthropic cause. Many of us have joined online communities and even more of us have contributed to charities. The 1Mtweets movement shows how these two aspects of our lives can be brought together.

Not surprisingly, then, Jordan Banks, the founder of A Million Tweets to Remember, is a star in both fields. "The sense of community on Twitter is incredible, making it a great resource to raise awareness for Alzheimer's and memorialize those who have lived with this devastating disease," Banks says.

A Million Tweets to Remember will be the largest movement to date on Twitter and will hopefully raise a lot of money for research on Alzheimer's. Most importantly, it will be the largest archive ever created of people with dementia.

Just last week, U.S.-based marketing guru Seth Godin commented on the power of online social communities and asked, "But where are the charities?"

Look north, Seth, look north to Canada. And check out www.1Mtweets.com.

Dr. Becky Reuber is professor of strategic management at the Joseph L. Rotman School of Management, University of Toronto.

MICHAEL DE ADDER

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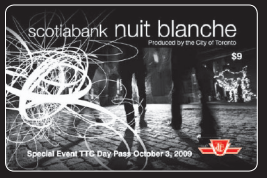

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GuestLogix, Abanco Investments settle legal dispute
Toronto-headquartered GuestLogix Inc. has resolved its long-standing legal dispute in the United States and Canada with Abanco Investments LLC., with both parties agreeing to drop their claims and neither side receiving compensation from the other. THE CANADIAN PRESS

Business

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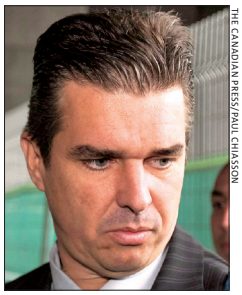
EDITOR: FERMIN.DESOUZA@METRONEWS.CA


THE CANADIAN PRESS/PAUL CHIASSON
Former Norbourg Inc. president Vincent Lacroix.

Lacroix pleads guilty to fraud

After years steadfastly proclaiming his innocence, accused trust-fund scammer Vincent Lacroix shocked a courtroom yesterday by pleading guilty to 200 fraud-related charges.

The former head of Norbourg Inc. entered the pleas in Quebec Superior Court and immediately was sent to prison. He apparently came to court prepared. He was toting a gym bag and wearing running shoes and a casual sweater.

"He knew he would be detained," said Lacroix's lawyer, Marie-Helene Giroux. "He brought his bag with him to go to jail."

Sentencing arguments will be heard Friday. Jury selection will continue for the five other co-accused.

Lacroix had been accused of defrauding 9,200 investors and illegally appropriating more than $100 million. He had already begun serving a prison term after being convicted in 2007 for securities violations, but the sentence was reduced and he was set to get full parole Sept. 27.

When asked about her client's state of mind, Giroux said: "He is relieved because he was under a lot of the stress of going under a jury trial."

She stamped out speculation Lacroix had copped a plea with prosecutors, whereby he would testify against his co-accused.

THE CANADIAN PRESS

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Learn how to scan the barcode with the instructions at the top of pg 3

Two face charges in ATM Ponzi scheme

ARRESTED Two men are charged in New York with an $80-million US Ponzi scheme involving an automated teller machine business, federal authorities said yesterday.

Vance Moore II, 55, of Raleigh, N.C., was arrested Friday in Garner, N.C.

Walter Netschi, 62, of McKinney, Texas, surrendered in New York yesterday.

"The scheme itself, until discovered, was one giant cash machine." Joseph M. Demarest Jr., FBI

Both face charges of wire fraud, and conspiracy to commit wire fraud. U.S. Attorney Preet Bharara in Manhattan and the FBI said the men solicited investments for ATMs, saying they would generate revenue from cash withdrawal fees.

The machines supposedly were to be placed in retail locations around the country, including convenience stores, gas stations, malls and hotels.

Most of the machines didn't exist, or were never owned by the men, authorities said.

"It was a classic Ponzi scheme, and the phantom revenue came from new investors," said Joseph M. Demarest Jr., FBI assistant director-in-charge. "The scheme itself, until discovered, was one giant cash machine."

The alleged scheme occurred from 2005 to January 2008.

THE ASSOCIATED PRESS

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Investors step back after pushing TSX to its fourth week of gains

CLOSE The Toronto stock market closed lower yesterday as investors took a break after sending the TSX up for a fourth week in a row.

The S&P/TSX composite index closed 21.34 points lower to 11,424.61 with losses led by telecom and gold stocks.

"While I think the markets may have gotten ahead of themselves, I think the economic numbers are actually going to continue to surprise on the upside short term," said Kate Warne, Canadian markets specialist at Edward Jones in St. Louis.

"The underlying fundamentals have been quite strong."

107.8%
A major TSX gainer was Peregrine Diamonds Ltd. Its stock surged 96 cents or 107.8 per cent to $1.85 after it reported the discovery "of large diamonds and a coarse diamond size distribution" during the course of drilling at its Chiliak project on Baffin Island, Nunavut.

Buying interest was weak yesterday after the TSX ran ahead 1.7 per cent last week, leaving the Toronto market up just more than 50 per cent since the spring rally got underway.

The Nasdaq composite gained 5.18 points to 2,138.04 as Dell Inc. said it has agreed to buy information technology services company Perot Systems Corp. for about $3.9 billion US or $30 per share as it looks to expand beyond the personal computer business.

THE CANADIAN PRESS

Transcontinental to issue shares

PRINTING Transcontinental Inc. has arranged a $100-million syndicated financing through a placement of dividend-paying preferred shares being issued by the printing and publishing company to repay debt and for general purposes.

The underwriters, led by Scotia Capital Inc. and CIBC World Markets Inc., will place four million of the Series D preferred shares and have the option to purchase up to an additional 600,000 of the Series D shares.

The financing is scheduled to close Oct. 2.

THE CANADIAN PRESS

Russel Metals announces $150M public convertible debentures

DEBT Metal distributor Russel Metals Inc. has arranged a $150-million syndicated debt financing, which will be used to run its business and potentially for acquisitions.

The convertible debentures will mature at the end of September 2016 and will pay interest at a rate of 7.75 per cent yearly.

Debenture holders may convert the debt into common shares of Russel at any time up to the maturity date at $25.75 per common share.

Largest
• Russel Metals, based in Mississauga, is one of the largest metals distribution companies in North America.

The company's shares have a 52-week range of $9.25 to $28.28 and closed Friday at $17.74.

Russel shares fell 46 cents or 2.6 per cent to $17.28 with less than 72,000 traded at midday on the Toronto Stock Exchange.

The debentures will not be redeemable by Russel before September 2015, at which point the company may redeem some or all of them.

Russel Metals said it will also have the right to repay outstanding principle or interest through the issuance of cash or common shares of equal value.

The offering is being made through a syndicate of underwriters co-led by GMP Securities L.P. and RBC Capital Market. The offering closes Oct. 8.

THE CANADIAN PRESS

Research group sees economic activity rising

A private forecast of U.S. economic activity rose in August for the fifth straight month, the latest sign the recession has ended. The Conference Board's leading indicators point to an economy on solid ground early next year. THE ASSOCIATED PRESS

9.1% In Toronto, the commercial vacancy rate rose to 9.1 per cent from 6.6 per cent last year.

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Vacant office space up: Report

The amount of empty office space across Canada continued to rise in the third quarter due to higher unemployment in white-collar industries and excess inventory in some cities, a new report shows.

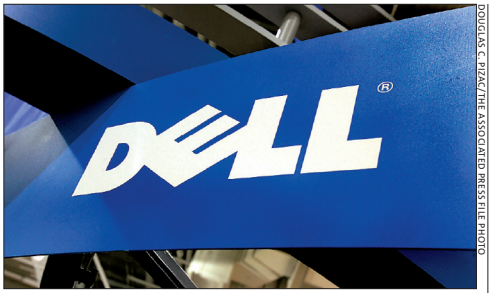
Vacancy rates for commercial real estate are expected to keep rising "well into 2010" as the country works through the impact of the recent recession, CB Richard Ellis Ltd. said in report released yesterday.

Vacancy rates rose for the third straight quarter to 9.4 per cent, up from 6.3 per cent for the same time last year, said the real estate services firm. Commercial vacancy rates rose most noticeably in Calgary, Toronto and Vancouver, according to the National Office and Industrial Trends Third Quarter Report.

The vacancy rate in Toronto is expected to climb further from the current 9.1 per cent in the coming quarter as space becomes available in newly constructed office towers.

The report predicts vacancy rates to keep rising in the fourth quarter and into 2010, "as Canada continues to grind its way out of the recession."

THE CANADIAN PRESS



DOUGLAS C. PIZAC/THE ASSOCIATED PRESS FILE PHOTO

Dell Inc. says it is looking to expand beyond personal computers.

Dell to purchase Perot Systems

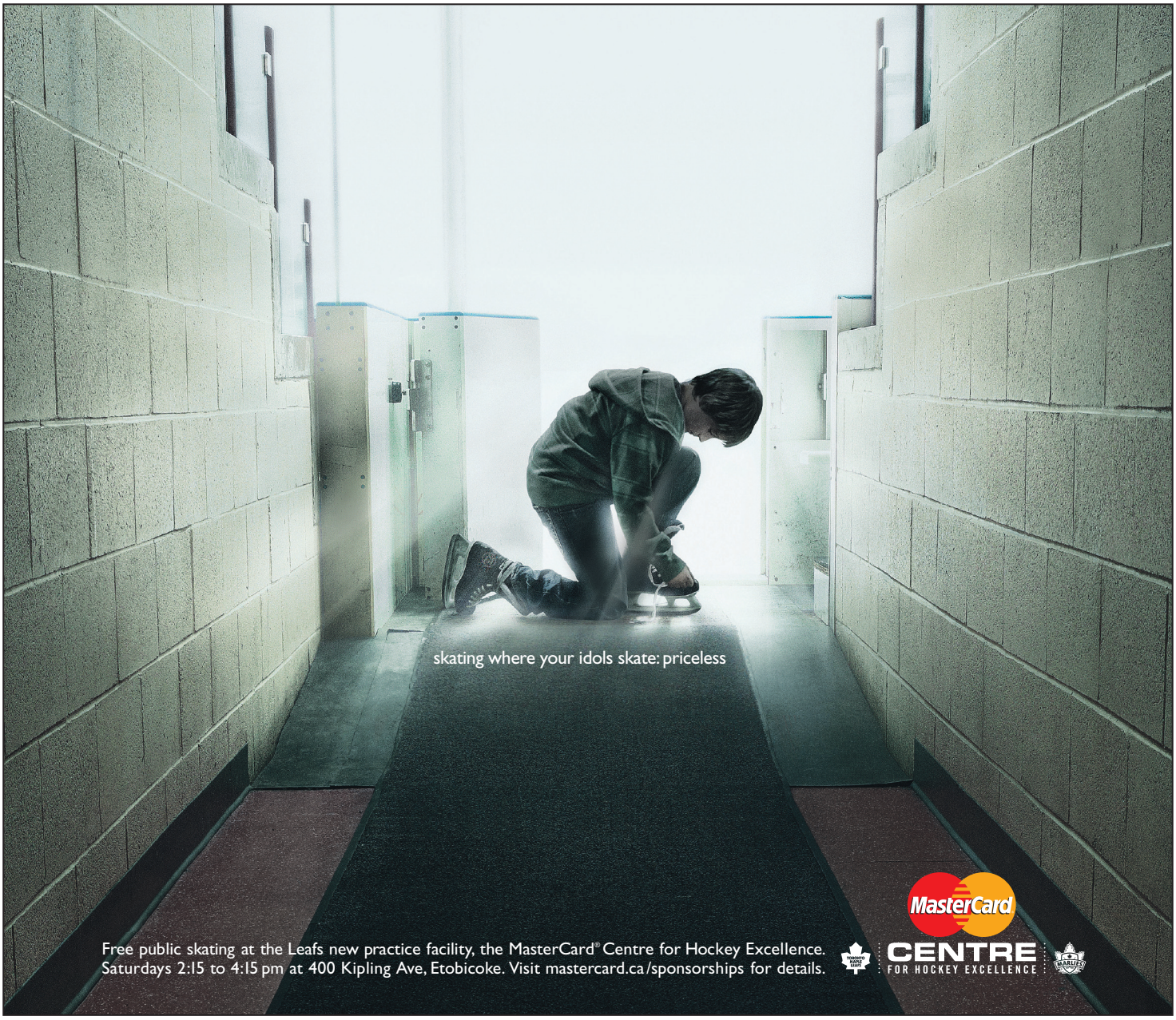
COMPETE Dell Inc. will spend $3.9 billion US for the technology services company Perot Systems Corp. in an attempt to expand beyond the PC business and compete more aggressively with Hewlett-Packard Co.

Former U.S. presidential candidate Ross Perot, 79, founded Perot Systems in 1988. He had already made a fortune from founding Electronic Data Systems in 1962 and selling it to General Motors Corp. in a 1984 deal worth $2.5 billion. Hewlett-Packard bought EDS last year for $13.9 billion. THE ASSOCIATED PRESS

Business in brief

INTEL The European Union yesterday published email excerpts from computer makers and Intel Corp. to show that Intel pressured chip buyers into choosing Intel over rival Advanced Micro Devices Inc. Intel was hit by a record EU antitrust fine of $1.45 billion US last May for what the EU said was using strong-arm sales tactics such as threatening to withdraw price rebates to squeeze out AMD. The company is appealing to the EU courts.

METALS Scott Hand and another former senior Inco executive have joined Royal Nickel Corp. as the Canadian mining company receives a $21.8 million investment from a major Chinese metal distributor. Ningbo Sunhu Chemical Products Co. will acquire a 15.6 per cent equity stake in the Toronto-based company. METRO NEWS SERVICES



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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Can you afford to buy a home?

AlisonOnMoney

Fall is often a great time to shop for a home. New home and condo builders are anxious to clear inventory and other sellers don't want to hit the winter real estate doldrums. With the recession entering into history, you might be thinking now's the time to strike.

Usually, I recommend doing window shopping before making major purchases. Not with home buying. There's way too much emotion compounded by real estate agents who are skilled at instilling a sense of urgency. The minute you start looking, you'll want to start buying

Instead, start a house hunt with a Can I Afford My Home budget. If you have mortgage pre-approval you know the interest rate and can work out payments. Don't forget the land transfer tax. Go to www.realtor.ca and use the mortgage and tax calculators for properties in your price range. Add legal costs and insurance if you have a high ratio mortgage.

You have your expected mortgage payment — next, move on to your monthly housing nut. This includes condo fees, parking, property tax and insurance. A call to your current agent can get you a rough insurance figure and a search of MLS listings in the area will do the same for taxes. Estimate utilities. You should also count on spending on maintenance, repairs and decorating.

Now you have your monthly figure — ask yourself, can I afford it? If yes, go home shopping. If no, adjust your price point.

Alison's Money Rule:

- Don't even think of making an offer on a house or condo until you've completed a Can I Afford My Home budget.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

MoneyMatters

Henry Choo Chong talks about guidelines for caregivers. Visit metronews.ca/moneymatters to read his column.

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INFORMATION FEATURE

Direct investing can help you lower the cost of investing.

Take control of your money

RAFAEL BRUSILOW
for Metro Canada

The rewards of good investments are well-known, but if the mandatory costs of investing feel daunting, it could be time to cut out the middleman and take command of your own money.

If you like taking the reins of your own investments and like seeing as little of your hard-earned money go to waste as possible, direct investing online can help you lower your cost of investing substantially while letting you build your success one trade at a time.

"There are substantial savings for investors who are willing to do their own research and make their own decisions."
Jason Storsley, CEO of RBC Direct Investing

Jason Storsley, president and CEO of RBC Direct Investing, says buying and selling stocks and other investments yourself is easier than ever because online brokerage tools have become more sophisticated and accessible.

"The development of the Internet has certainly shaped the way consumers get information, and there are more ways than ever to get started and succeed.

"It has never been easier to become a direct investor," Storsley said.

High-priced commission fees may have kept some people away from the prospect of direct investing in the past, but fees have dropped off about 47 per cent since 2005.

Direct investors who trade frequently with RBC can even achieve rates as low as $6.95 or $9.95 per month — a huge savings over RBC's standard commission fees of $28.95 per month.

"There are substantial savings for investors who are willing to do their own research and make their own decisions," Storsley said.

"The lower fees can have a great impact on the bottom line and it adds up over time for sure," he added.

The sheer wealth of online investment research tools available, from price performance trackers to professional investment comparison tools, can give you a more informed and impartial view at the big investment picture — as long as you are willing to study the numbers yourself.

"With an adviser, you will get that adviser's view," Storsley said. "With the online site, you'll get to take a look at everything available and perhaps make a more informed decision."

For investors who dabble in mutual funds and want to keep their portfolios filled while they save, RBC offers a special line of Series D funds, which feature management expense ratios (MERs) frequently rated at half or better than the industry average. They also incur no service charges, no transaction fees and no load — that means lower investment fees for the same investment dollar, a great offering that Storsley expects will strike a chord with seasoned investors.

"We've seen a huge erosion of wealth and investors have become more conscious of it," Storsley said.

"They're looking for less expensive ways to get the same options they would have in the past."

For first-time investors or those who don't feel quite ready to re-invest just yet, an RBC practice account can be an ideal way to test-drive your investment ideas and ambitions without having to worry about making mistakes. Opening a practice account is completely free and gives you $100,000 in practice money to invest however you'd like, while using all the exact same tools, resources and calculations as a real-money account.

"It's a great way to experience real investing without having to risk real money, and it can really help you build confidence. It gives you a risk-free environment to test your investment strategies," Storsley said.

What's the cost?

The cost of investing is a huge factor in making your investment decisions and direct investment options at RBC can help take substantial cost out of equation.

- **Low per-trade direct investment fees:** Make 30 or more trades each quarter to score a $9.95 per-trade commission rate with an RBC Direct Investing account. Make 150 or more trades in the same period to garner an even more frugal $6.95 rate per trade — the more you trade, the more you save.
- **Half-sized fees for full-sized returns:** RBC Series D mutual fund options for direct investors let you invest under a fee structure that averages half the industry standard with no load, service or transaction fees added, meaning your money works for you with less going to waste.
- **Practice makes perfect:** A practice account at RBC lets you test the waters and build confidence in your investment ideas without having to risk a single cent, all while using all the same sophisticated tools you'd use to make a real investment.

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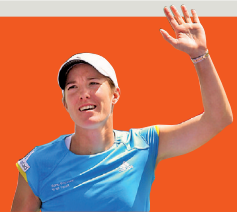
Favre will play
Brett Favre's streak is not in danger: He has a bent fingernail. Favre's throwing hand was clearly hurting after his last throw for Minnesota in Sunday's win over Detroit. Favre has started 271 straight regular-season games, believed to be an NFL record. THE ASSOCIATED PRESS

Sports



Henin to come back?

Former top-ranked player Justine Henin, left, will announce her return to competitive tennis today according to two top Belgian newspapers. Her spokeswoman did not return phone calls and Henin's own website had no comment on the rumours. Last year, Henin shocked the tennis world by announcing her retirement while still ranked No. 1. THE ASSOCIATED PRESS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

NFL Clark breaks free

DOUG BENC/GETTY IMAGES

Indianapolis tight end Dallas Clark avoids a tackle by Miami safety Gibril Wilson on his way to a touchdown. For a recap of last night's Colts-Dolphins game, visit metronews.ca/sports.

Coyotes case drags on

Balsillie's lawyers make filing based on Melnyk interview

There will be more arguments heard in court before Judge Redfield T. Baum decides who controls the beleaguered Phoenix Coyotes.

Baum has called an emergency hearing for tomorrow to give NHL lawyers an opportunity to present arguments against Jerry Moyes' request that the league be forced to mediate "key sale issues" in the complicated case.

It was expected that the next development in the Coyotes saga would come in the form of a written ruling from Baum. He oversaw an auction for the team Sept. 11 and has been pondering his decision since then.

Moyes, who placed the team in Chapter 11 bankruptcy in May, asked for the emergency hearing in court filings last week after the NHL rejected his request for mediation. The judge granted the hearing yesterday.

The NHL team's former majority owner believes that a session with San Francisco-based mediator Antonio Piazza might produce the best possible result for creditors.

Baum has said in court that he would like to see the sides come together, but doubted it was possible after everything he had heard and read.

Meanwhile, the court filings have continued.

The Balsillie camp filed a submission yesterday that suggests NHL teams hold veto rights over their home territory — something the league has denied in court — citing a recent interview with Ottawa Senators owner Eugene Melnyk on sports radio station The Fan 590.

The veto issue was raised in the Coyotes case because Balsillie's bid for the team is contingent on a move to Hamilton — a city that falls within the Maple Leafs territory.

During Melnyk's Sept. 17 radio interview, he noted that he's not allowed to schedule an exhibition game for the Senators at his OHL team's arena in Mississauga because it falls in Toronto's territory.

Balsillie's lawyers acknowledged the late timing of the filing, but noted the admission "might affect which bid should prevail." THE CANADIAN PRESS

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Jays thump Orioles before small crowd

MLB RESULT

Baltimore 2 Toronto 9

Orioles AT Blue Jays

BASEBALL There's very little about a September matchup between the Toronto Blue Jays and Baltimore Orioles that captures the imagination, something reflected in another small audience at the Rogers Centre last night.

David Purcey pitched 7⅔ strong innings to earn his first win of the season while Adam Lind pushed his RBI total to 106 with a two-run single in the third inning of a 9-2 Toronto victory before a crowd of 11,598 — third smallest in the dome's history. THE CANADIAN PRESS

Argos expecting sizzle from Dorsey

ARGONAUTS The highlight of Dominique Dorsey's first game back with the Toronto Argonauts was a nifty 51-yard return of a missed field goal with the game tied at 17 early in the fourth quarter.

Head coach Bart Andrus is anxious to get that special teams explosiveness into the Argos offence.

"We're trying to get him up to speed as fast as we can," Andrus said yesterday of Dorsey, his backup running back and the reigning CFL outstanding special teams player of the year, who returned last week after being a late training camp cut by the Washington Redskins. "The biggest hurdle is how fast he can absorb the offence.

"We're trying to get him up to speed as fast as we can."
Head coach
Bart Andrus

"When guys miss training camp and they miss all that time (10 games) they miss the detail."

The 26-year-old Dorsey, who averaged 222 all-purpose yards in 13 games last season, finished with 157 yards in his 2009 Argos debut, all on kickoff, punt and missed field goal returns.

But Andrus is looking to have the California native spell off and complement starting running back Jamal Robertson.

"He's an intelligent kid and he's been in an offence that uses similar terminology down at Washington, so I think he'll come along pretty quickly," said Andrus. TORSTAR NEWS SERVICE

Canadian GP to return for 2010

RACING FIA yesterday ratified its calendar for the 2010 season and reinstated the Canadian Grand Prix, provided contract negotiations with Formula One management and Montreal organizers are completed.

The Canadian Grand Prix had been held in Montreal annually since 1978 before being dropped this season.

There will be 19 races in 2010. The season will start with the Bahrain GP on March 14, FIA said in a statement.

The Canadian Grand Prix is scheduled for June 13. THE ASSOCIATED PRESS

Sports in brief

SUSPENDED Renault escaped severe punishment yesterday for ordering former driver Nelson Piquet Jr. to deliberately crash, receiving only a suspended two-year ban from Formula One's governing body. Flavio Briatore, who quit as team principal last week, was banned indefinitely. Engineering director Pat Symonds was banned for five years. Piquet was ordered to crash at last year's Singapore Grand Prix to help teammate Fernando Alonso win.

CFL Casey Printers is returning to the B.C. Lions. The former CFL MVP signed a one-year deal with the club yesterday and will be placed on the practice roster. The Lions are thin on quarterbacks with CFL experience. The Lions are last in the West with a 5-6 record.

BASEBALL The Houston Astros fired manager Cecil Cooper yesterday. The Astros are 70-79 and have lost seven straight games. Third-base coach Dave Clark will take over as interim manager for the final 13 games of the season.

NFL Coach Mike Singletary has all but acknowledged the 49ers have filed tampering charges against the New York Jets regarding top San Francisco draft pick Michael Crabtree. The 22-year-old Crabtree, selected No. 10 overall by the Niners in April's draft, is the last draft pick not signed. The wide receiver is seeking money comparable to higher picks and hasn't accepted the 49ers' offer for approximately five years and $20 million US, with a reported $16 million guaranteed. The Jets declined comment. METRO NEWS SERVICES

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Nadal pulls out of Thailand Open

Rafael Nadal has pulled out of the Thailand Open due to an abdominal injury. The tournament runs from Sept. 26-Oct. 4. THE ASSOCIATED PRESS

Over his shoulder

Toskala happy coach is watching his every move

When you're a goalie, you never want to look back.

Never mind the puck, it's all those people looking over your shoulder that can get to you.

But there's one set of eyes that are firmly set upon Vesa Toskala. They belong to Francois (Frankie) Allaire, one of the most celebrated goaltending coaches in hockey. And Toskala welcomes his critical gaze.

"It's good to have Frankie here," said Toskala. "I think it's important. Even if the coach doesn't say anything, as long he's standing there looking at you, I think you try a little bit more, a little bit harder. Keeps you honest."

Allaire — hired away from the Anaheim Ducks over the summer — was there yesterday at the Leafs' practice facility, keeping an eye on Toskala and Joey MacDonald through practice and scrimmage. He worked for a half-hour with rookie Jonas Gustavsson beforehand — the goalie's first workout since minor heart surgery last week.

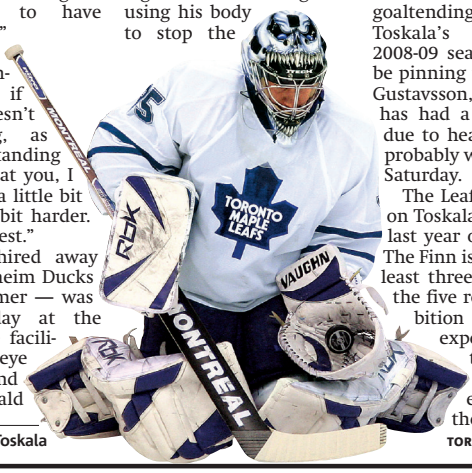
Then Allaire was back out on the ice after the scrimmage, working on footwork and offering a few pointers to Toskala and MacDonald. Allaire is a big believer in the goalie using his body to stop the puck.

"So far, so good," Allaire said of Toskala. "He's trying different, new stuff. We're still really early in the training camp. We try different, little things, see how it works. There's still a job to do."

For all the optimism that suddenly surrounds the Maple Leafs with the Phil Kessel trade, the team will rise and fall with its goaltending. After Toskala's disappointing 2008-09 season, fans may be pinning their hopes on Gustavsson, a rookie who has had a limited camp due to heart surgery. He probably won't play until Saturday.

The Leafs are counting on Toskala, who is in the last year of his contract. The Finn is going to get at least three full games of the five remaining exhibition games, and is expected to carry the load, at least in the early part of the season.

TORSTAR NEWS SERVICE



Vesa Toskala

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Metro Workology exclusive: Skilled Trades
For the month of September, Metro's Workology section will be focusing on the extremely lucrative and soon to be booming employment sector of skilled trades. So be sure to read Workology and metronews.ca/work every day.

Workology

Waterfront campus

Last Wednesday, George Brown College showed off the designs for its waterfront campus in Toronto. The campus will eventually accommodate 3,500 full-time and 1,000 part-time students, and also house the college's dental, nursing, health service management, and health and wellness programs. TORSTAR NEWS SERVICE

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Work-life balance trumps pay: Study

RAFAEL BRUSILOW
for Metro Canada

Students about to enter the workforce are more interested in a good work-life balance than they are in money, a new study says.

The Universum Student Survey 2009, which polled more than 60,000 students in American undergraduate and MBA programs, found that 67 per cent of undergraduates and 58 per cent of MBA students consider work-life balance to be their No. 1 career goal, more important even than compensation.

Those numbers are a three-per-cent increase over last year's study, showing that work-life balance is actually growing in importance among students.

Careers in the government and with companies like Google, which already provide a wide range of non-financial benefits or are highly vocal about them, scored highest on the list of companies students want to work for when they graduate as well.

Kortney Kutsop, employer branding specialist with Universum, says companies that offer things like in-office gyms, flexible work schedules, tuition reimbursements, pet-at-work programs and negotiable days off are much more likely to hire and retain the next generation of workers.

"Employers are really trying to understand what this generation means by 'work-life balance.' It means they don't want to work 60-100 hours a week. They've seen their parents work extremely long hours and not get rewarded for it — they want to work 40 hours and have their employer meet their needs," Kutsop said.

While Universum hasn't released a Canadian study, equivalent Universum studies in other countries around the world have seen similar results.

Nancy Icely, vice-president of human resources at banking firm Capital One, says offering employees the option of working from home or during flexible hours has resulted in projects getting finished three hours faster on average.

"What we see is that having a flexible work arrangement achieves a much higher rate of employee satisfaction. We don't require people to be in the office nine-to-five. People are more productive and more creative in this kind of space," Icely said.

"It seems this next generation very much want to work to live — they're much more about having that balance. People value that flexibility to be able to manage their own lives

At the offices of communications firm Design Lab in Toronto, founder and president Alexander Younger lets employees have a paid day off on their birthdays, rewards them with time off if they've put in extra time recently and negotiates each employee's workplace and personal benefits individually. It's all about attracting "owner" personalities who want to grow the business instead of "renters" who just want a paycheque, he says.

"I just think 'How would I want to be treated if I worked for a company?' Non-financial rewards are extremely important to my business. The challenge is having the right people on the team who don't try to take advantage of the policy," Younger said.

Having an office gym would be more important than higher pay to many students about to join the workforce today.

"We don't require people to be in the office nine-to-five. People are more productive and more creative in this kind of space."
Capital One vice-president of human resources Nancy Icely

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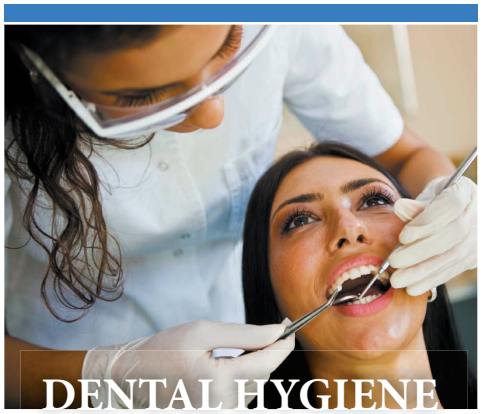

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From Nick Lemann, dean of the Columbia Journalism School:
"The construct at this school was that your relationship to the business side should be to keep them at bay — that it was corrupting for a journalist to think about it. Now we have to think about it."

Journalists: A dying breed

At 21, Alana Taylor has already seen her career in journalism transformed and perhaps cut short by the technology reshaping the news business.

New media is transforming the world of journalism.

She arrived at New York University four years ago thinking about a career in magazines. That morphed quickly to blogging, the faster way to get her writing noticed, she thought. But realizing that $15 per post wasn't going to pay rent and grocery bills, she took a job with a tech start-up this summer in a market research gig.

For now, Taylor considers journalism a hobby. "I try to keep freelancing on my mind," she said, but the few opportunities that come along tend to pay little if anything.

For a new crop of journalists, with many more wannabes starting journalism school this fall, tumult in the news industry means new opportunities for connecting with readers online, but also fresh anxiety about finding a way to get paid for it.

According to a survey released this summer by Lee Becker at the University of Georgia, only six in 10 graduates from journalism and mass communication schools during the 2007-08 academic year had full-time employment within six to eight months of leaving school, the lowest since the annual survey began 23 years ago. At the same time, those programs granted more degrees than ever, about 55,000.

As Taylor's case shows, even for those with an enthusiastic embrace of new technology and forms of journalism, there is no guarantee of a living.

Taylor found her niche as a journalism major at NYU writing about technology and social media. She was eventually approached by the blog Mashable, which paid her to interview executives at startups and cover tech conferences in New York. And she found writing for the web held an appeal that was lost on ink and paper.

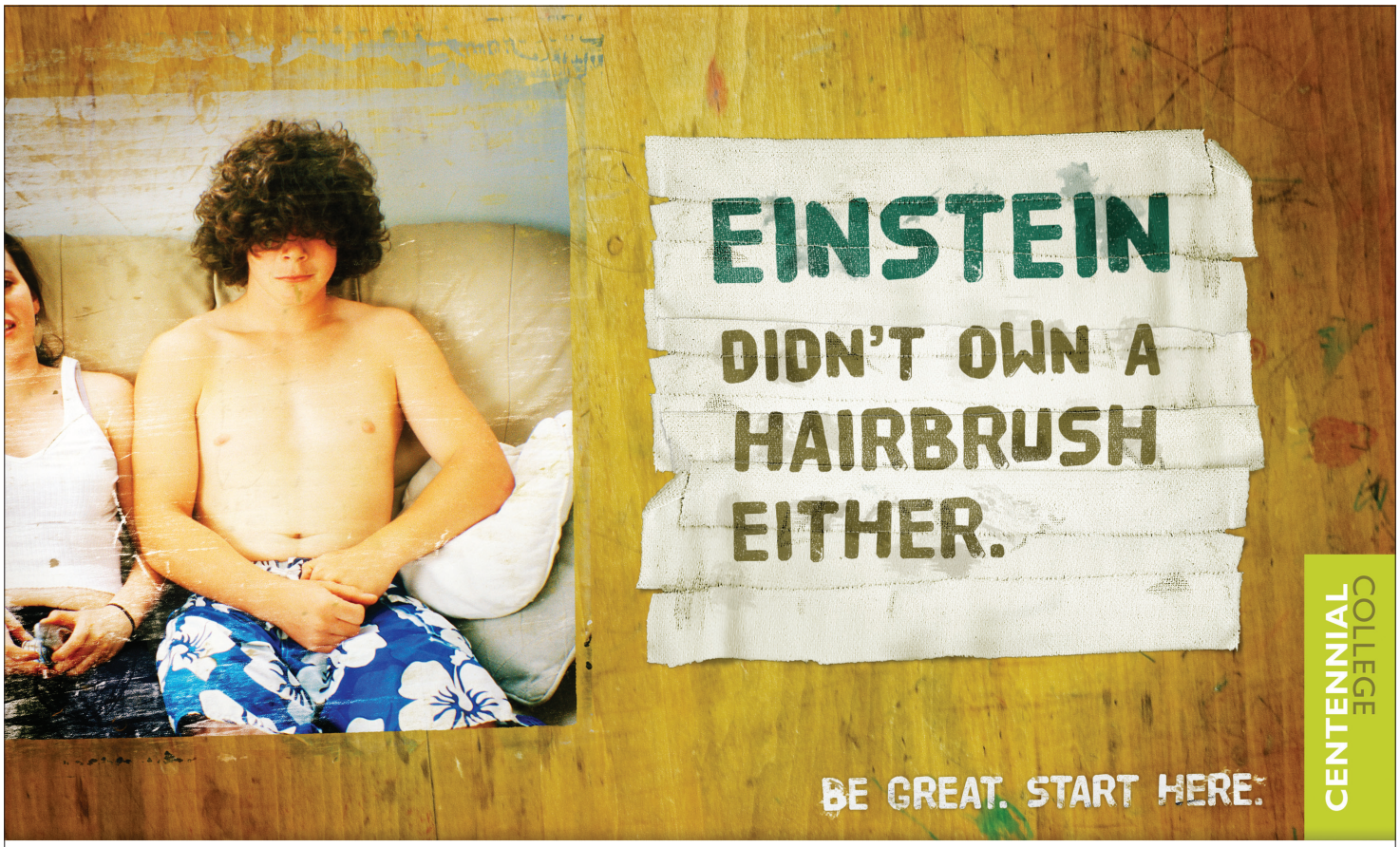
"I really like the idea of building my own personal brand," she said. "In regular media you hide behind your byline and no one knows who you are or what you look like. I like that online every time I write something readers can go see my photos or connect with me on Twitter or LinkedIn." The pay, however, was less appealing.

All this poses a dilemma for journalism and mass communication schools, which insist jobs are still available, but concede students will need more of an entrepreneurial spirit and a new set of skills.

"The days when you climbed onto the best newspaper you could and looked forward to doing the same thing for 40 or 50 years are over," said Dean Mills, head of the Missouri School of Journalism. "People who want security or lack ambition probably should not be in journalism schools these days."

In the meantime, journalism schools have been retooling to prepare students for reporting in the digital era under the assumption that any new business model will have to reckon with the web.

THE ASSOCIATED PRESS



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Nova Scotia to introduce grad retention rebate program
In its throne speech last Thursday, the Nova Scotia government announced it will establish a graduate tax incentive, providing up to $15,000 to keep university and college graduates in the province. METRO NEWS SERVICES

No money to save in today's economy

Counting down the hours until payday? You're not alone. As the downturn trudges on, many workers are struggling with household budgets.

Six out of 10 (61 per cent) workers report they always or usually live paycheque to paycheque just to make ends meet, up from 49 per cent last year and 43 per cent in 2007. This is according to a new nationwide survey of more than 4,400 workers by CareerBuilder. Three out of 10 (30 per cent) workers with salaries of $100,000 or more report that they, too, live paycheque to paycheque, up from 21 per cent in 2008.

Some workers are making ends meet by dipping into their long-term savings. More than one-in-five (21 per cent) workers say they have reduced their retirement contributions or personal savings in the last six months to get by. Looking at workers earning six figures or more, a nearly equal number (23 per cent) report that they have also reduced their retirement or savings.

"Workers are employing a variety of tactics to help make ends meet in this economy," said Rosemary Haefner, vice-president of human resources for CareerBuilder.

"Whether it's by keeping a tighter budget, finding ways to bring in additional income or adjusting their savings strategies, workers are doing their best to weather the current storm. These good financial habits will not only help workers in the short-term, but better position them for the future."

Haefner offers the following tips for riding out the economic downturn and preparing for the future:

KEEP TRACK OF SPENDING: Create a spreadsheet to analyze what you spend each month, including the money spent on those inevitable invisible expenses, such as a morning coffee, cab ride or afternoon snack. Once you can see where your money goes, you can clearly see where you can cut back.

"Workers are employing a variety of tactics to help make ends meet in this economy."
CareerBuilder's Rosemary Haefner

BOOST YOUR INCOME: One-in-ten workers report taking on a second job in this economy to help make ends meet. Ask yourself if you could handle a second job on top of your current job and then pursue some viable options.

SPEAK UP: Talk to your HR department and see what is available to help you save on your monthly expenses. Even though times are tough, companies are still offering flexible spending accounts, wellness benefits, retail discounts, transit reimbursement and more.

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It's important ... but I don't do it

Having a healthy diet is "very important" to a majority of Canadians — 85 per cent to be exact, according to Bensimon Byrne's latest Consumerology Report. Almost a third of Canadians who think a healthy diet is very important don't believe that they have a healthy diet. METRO NEWS SERVICES

Food

The endearing movie Julie & Julia has sparked interest in the amazing culinary prowess of Julia Child, the doyenne of French classical cooking, since its release this summer. THE CANADIAN PRESS

Dirty apron

Chef David Robertson now offers classes based on her cookbook, Mastering The Art of French Cooking, at The Dirty Apron Cooking School, located in Vancouver.

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Personal Gourmet recipe of the month

ROSE REISMAN

Breakfast for success

We all know that breakfast is the most important meal of the day. Unfortunately, more than half of us skip it due to a variety of reasons.

All of us, and especially children of school age, need to eat healthy, balanced diets to give them the energy and brain power to get through their days. However that doesn't often happen.

Having raised four children, I know that nutritious meals are key to healthy and energetic children, so this year I have become the new spokesperson for the national "Breakfast for Learning" foundation, an organization that focuses on educating children on nutrition in our schools.

Here are some breakfast recipes to get you started:

BRIAN MACDONALD

Rose's Whole Wheat Nut'n'Fruit Granola

RYAN STUIC

Frittata with Baby Spinach, Caramelized Onions and Cheddar

Rose's Whole Wheat Nut 'n' Fruit Granola

You'll never want to eat packaged granola again after you try this. This is the number-one breakfast food in my catering company. It also has fewer calories and less fat than other granolas due to a smaller amount of oil and the use of apple juice and maple syrup. Serve with yogurt or milk.

PREP TIME: 15 MINUTES
COOK TIME: 35 MINUTES
MAKES 4 CUPS

INGREDIENTS:

- 2 cups large rolled oats
- 1/2 cup whole wheat flour
- 1/2 cup packed brown sugar
- 1 tsp cinnamon
- 1/2 tsp ground ginger
- 3 tbsp vegetable oil
- 1/4 cup apple juice
- 3 tbsp maple syrup
- 1/2 cup chopped nuts of your choice
- 1/4 cup chopped dried apricots
- 1/4 cup chopped dried cranberries

METHOD:

Preheat the oven to 300°F. Line a baking sheet with foil and spray with vegetable oil.

Combine the oats, flour, brown sugar, cinnamon, ginger, oil, apple juice, maple syrup and nuts in a large mixing bowl and stir to combine.

Spread the mixture out on the prepared baking sheet and bake for 35 minutes, tossing once to prevent burning.

Remove the granola from the oven and let it cool to room temperature. Add the dried fruit and stir. Store in an airtight container.

Banana Chocolate Chip Loaf

Banana loaf is an all-time favourite. The traditional loaves are made with an excess of oil and chocolate chips. By using more banana and light sour cream, I enhance the flavour so I can use fewer chips and less oil. This is great as a dessert, breakfast or snack.

PREP TIME: 10 MINUTES
COOK TIME: 30 MINUTES
MAKES 1 LOAF, 8 SLICES

INGREDIENTS:

- 1 large ripe banana, mashed (about 1/2 cup)
- 1/4 cup vegetable oil
- 3/4 cup granulated sugar
- 1 large egg
- 1 tsp vanilla extract
- 1/4 cup low-fat sour cream
- 3/4 cup all-purpose flour
- 2 Tbsp whole wheat flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/3 cup semi-sweet chocolate chips

METHOD:

Preheat oven to 350°F. Spray an 8 1/2- × 4 1/2-inch loaf pan with vegetable oil.

Using a whisk or electric mixer, combine the banana, oil, sugar, egg, vanilla and sour cream in a large bowl until smooth.

In another bowl, combine both flours, baking powder and baking soda. With a wooden spoon, stir the dry mixture into the banana mixture until the dry ingredients are just moistened. Fold in the chocolate chips.

RYAN STUIC

Banana Chocolate Chip Loaf

Pour into the prepared pan and bake for about 30 to 35 minutes or until a tester inserted in the middle of the loaf comes out clean. Let the loaf cool in the pan on a wire rack before removing and slicing.

Frittata with Baby Spinach, Caramelized Onions and Aged Cheddar

A frittata is an open-faced omelette with a variety of toppings. This version mixes some sweet flavourings from the caramelized onions with a savoury taste from the spinach and aged cheddar.

PREP TIME: 10 MINUTES
COOK TIME: 9 MINUTES
SERVES 2

INGREDIENTS:

- 1 tsp vegetable oil
- 1/2 cup diced onions
- 1/2 tsp crushed fresh garlic
- 1/2 tsp brown sugar
- 1/2 cup egg substitute (or 2 large eggs)
- 3 egg whites
- 1/3 cup low-fat milk
- salt and pepper
- 1/2 cup baby spinach
- 1/3 cup shredded aged cheddar cheese

METHOD:

Spray a small nonstick skillet with vegetable oil. Add the oil and set over medium heat. Add the onion and garlic and sauté for 3 minutes, or until the onion is soft and lightly browned. Add the brown sugar and sauté on low heat for 3 minutes. Remove from the heat and set aside.

Whisk together the egg substitute, egg whites and milk, and season with salt and pepper. Add the onion mixture.

Spray a 9-inch skillet with vegetable oil, add the egg mixture and cook over medium-low heat for 4 minutes, or until nearly set. Add the spinach and cheddar cheese, cover and cook until the frittata is set, about 2 minutes. Slip the frittata onto a serving platter with a spatula. Cut into wedges and serve immediately.

About Rose

Rose Reisman is an author, media personality, nutritionist, and the inspiration behind a fresh food delivery service, Personal Gourmet, and new website, The Art of Living Well. Visit Rose at rosereisman.com & personalgourmet.ca

m.metronews.ca

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Learn how to scan the barcode with the instructions at the top of pg 3

†NO PURCHASE NECESSARY. Contest ends Nov. 8, 2009. For rules, details & entry, visit www.oneforme.ca or www.oneforyou.ca. Must be Canadian resident age of majority. 1 Grand Prize of $100K + a matching cash donation to a charity of your choice‡. 203 Instant Win Prizes with ARV's from $35 to $1,000 + a matching cash donation to a charity in the contest rules. Odds of winning any prize depend on no. of eligible entries. Odds of winning an Instant Win Prize also depends on time & date of entry. Skill-testing question required. ‡Charity of choice is a list of registered charities pre-selected by contest sponsor in the following categories: Local/Community, Global, Environment & Health. See full contest rules for further details. *Trademark of or used under license by Cadbury Adams Canada Inc

Pioneer Village's special dinner

Black Creek Pioneer Village will celebrate the bounty of the fall harvest with a special 100-Mile Harvest Dinner on Sept. 26. The dinner will be held in the fully renovated restaurant of the new Black Creek Historic Brewery and will feature a selection of local craft beers. Call 416-667-6295 for tickets. METRO NEWS SERVICES

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Trendy tippling

Even though I know the booze business is a trend-driven machine, I'm still surprised at how many "next big thing" wine brands just come and go.

You'd think that after taking the world by storm a few more (Australia's [yellow tail] excluded) would establish themselves in the hearts and mouths of consumers.

That's what makes the arrival of Familia Zuccardi's Fuzion wines so exciting. Already a hit from Central Canada westward; the pair of Argentine cheapies arrive in the Maritimes this week, completing the race for national domination in less than a year. (A very good sign that they're going to be around for awhile).

While I wouldn't write an essay about either; their soft, chug-a-lugable balance of fruit charmed the taste buds off me when I tried them with the winery's head honcho José Alberto Zuccardi in the spring.

José told me that his aim is to keep the surprisingly dark berry fruit flavour of the **2008 Fuzion Shiraz Malbec ($7.45 - $9.99)** and the plush, citrusy complexity of the **2008 Fuzion Chenin Torrontes ($7.45 - $9.99)** consistent vintage to vintage (another great longevity strategy) which makes both wines worthy of being added to your roster of every day drinkers.

Prices reflect the range across the country. Products may not be available in every province.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Winter squash, hot dish

Now that the winter squash crop has arrived on the market you'll want to get the most from this nutrient-packed vegetable.

Winter squash can be baked, steamed, boiled, stewed or for convenience, microwaved. The following recipes use different varieties of squash.

West Indian Chicken and Squash

MAKES 6 SERVINGS

INGREDIENTS:

- 30 ml (2 tbsp) vegetable oil
- 500 ml (2 cups) chopped onion
- 2 cloves garlic, minced
- 15 ml (1 tbsp) tomato paste
- 20 ml (4 tsp) mild curry powder
- 1 ml (1/4 tsp) ground cloves or allspice (optional)
- 750 ml (3 cups) chopped tomatoes
- 500 ml (2 cups) chopped sweet red and yellow pepper
- 125 ml (1/2 cup) chicken broth
- 1.25 kg (2 4/5 lb) chicken drumsticks and boneless skinless chicken thighs
- 1 l (4 cups) cubed (2 cm/ - inch) peeled squash (such as butternut or hubbard or pie pumpkin
- Salt and pepper

METHOD:

In Dutch oven, heat oil over medium heat. Add onion; cook, stirring occasionally, for 5 minutes or until softened. Stir in garlic; cook for 1 minute. Stir in tomato paste, curry powder and cloves, if using; cook for 1 minute.

Stir in tomatoes, red and yellow peppers and broth; bring to boil over high heat. Add chicken and squash; cover and simmer, stirring occasionally for about 30 minutes, or until chicken is cooked through and squash is tender. Season with salt and pepper to taste. THE CANADIAN PRESS

THE CANADIAN PRESS

West Indian Chicken and Squash

Squash companions

- Add some peeled and diced butternut squash to chili, soups and stews.
- Add peeled, shredded winter squash to pancake batter.
- Make a sauce of pureed winter squash and grated Parmesan cheese to serve over pasta.
- Cook chunks of winter squash with sugar, raisins, red pepper and spices until tender. Serve as a chutney with meats or poultry.

VEGETABLES FOR VITALITY, FROM READER'S DIGEST.

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TICO

A Paris-inspired pout

Capture the romance of Paris with Quo's new limited edition Eiffel Tower Lipstick ($15). It is a lip gloss and liner in one (the liner is concealed in the cap). It is available in six shades. Available at Shopper's Drug Mart. METRO NEWS SERVICES

Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Go ahead: Be a little naughty

BEHAVIOUR Go ahead. Do something spontaneous and different! Misbehaving, especially if you never do it, is good for your health, according to Psychology Today magazine. Most of us are afraid to step outside our regular routine and suddenly fly to Mexico on a dare or call in sick and play pool all day. But occasionally breaking the rules or doing something unusual — as long as it is not harmful — helps us to become more creative, successful and happy. It forces us to decide whether our chosen path is the right one, and make adjustments.

CELIA MILNE/FOR METRO CANADA

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Honey, they shrank my stomach!

Life changes for writer after gastric bypass

CELIA MILNE
For Metro Canada

Gastric bypass surgery changed Steve Veale's life.

Last spring he was a morbidly obese guy with a limp and terrible eating habits. Now he's a regular-weight man who rides his bike a lot and craves fruit salad.

Veale has lost 63 pounds in four months. Because surgeons sealed off part of his stomach, he can only eat a tiny portion of the rich foods he used to consume. But what amazes him — and still puzzles scientists — is that he doesn't want to.

To follow Steve Veale's blog, go to metronews.ca/blogs

"Your tastes change," he told Metro. "It's weird. You can eat whatever you want, but what you like has changed overnight. Gimme watermelon!"

Veale's surgery, which was done last May, is called Roux-en-Y gastric bypass. It involves stapling off most of the stomach and leaving a small pouch, about the size of a golf ball. The new pouch is attached to the small intestine, where food is processed. Vitamins and minerals are not as well absorbed into the body after this, so people who have the surgery must be willing to drink protein shakes, swallow countless supplements and eat very healthy food.

"It is very effective. Almost everyone loses weight," says Dr. Mehran Anvari, director of the bariatric surgical program at St. Joseph's and professor of surgery at McMaster University in Hamilton.

About 70 per cent of people maintain more than half of their weight loss over five years, he says.

How much food and what types of food the new pouch can handle is a matter of "trial and error," says Veale. Chinese food, for instance, comes right back up again. When he goes out for dinner with friends, he generally orders soup or an appetizer only, and even then he takes half of it home with him. "I feel great on the little I eat," he says. "I'm not thinking of food at all."

Veale, who is a 59-year-old travel writer, was a candidate for the surgery because at 5'10" and weighing 294 lbs, his BMI was 42.4. Plus he had a bum knee. To get OHIP funding, you must have a BMI over 40 or be obese with kidney, heart, or joint disease or diabetes.

Veale's surgery was paid for by OHIP but done in Warren, Mich. Some Canadian provinces are ramping up their facilities to do gastric bypass surgery. "This is going to be the fastest area of surgical growth in Canada," says Anvari. "By 2011 we hope to have infrastructure in place in Ontario and do not need to send people to the U.S."

Quebec and Alberta also have programs.

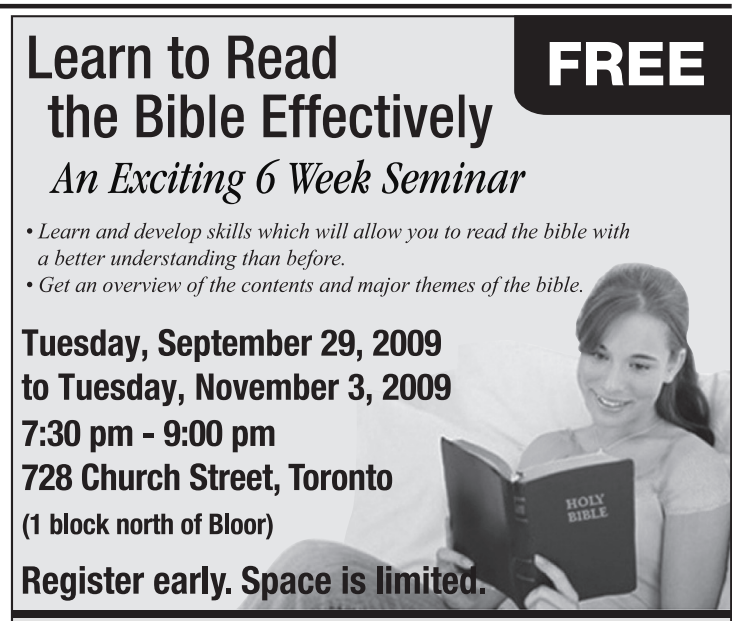
Obesity problem

- According to Statistics Canada, almost 60 per cent of Canadian adults are overweight or obese. (It will be a worse problem in the future, as 26 per cent of Canadian children and adolescents are overweight and eight per cent are obese.)

CELIA MILNE/FOR METRO CANADA

GEORGE SHEWCHUK PHOTO

Toronto's Steve Veale, a 59-year-old travel writer, lost 63 pounds following Roux-en-Y gastric bypass surgery last May. He says his taste buds now have him craving healthier foods.



Quick spa search
Got a last-minute invite and need to get your nails done quick? Go to wayspa.com, search "manicure" and get a selection of options. Also, plan your next girls' weekend using the listings of destination spas around the world. **BEST HEALTH MAGAZINE**

7 Reasons why sex is good for you

Research from around the world encourages us to embrace sex with gusto. Here's why it's so healthy:

1. You'll look younger
A good sex life is a key to youthful looks, according to a study of 3,500 people age 18 to 102 conducted by the Royal Edinburgh Hospital in Scotland. Researchers attributed this to reductions in stress, greater contentment and better sleep, all of which are also associated with sexual activity.

2. It can help your body fight disease
Engaging in sex once or twice a week produces 30 per cent higher levels of immunoglobulin A, which boosts your body's immune system. Scientists have also found that having an active sex life may even lower your risk of developing cancer, heart disease and stroke. On top of all that, it's a remedy for colds and flu.

3. It can burn calories
Like any exercise, sexual intercourse burns fat and calories — about 96 calories in 20 minutes for a 150-lb. person. That means it'll burn off the calories from that extra glass of wine at dinner (which may have been what put you in the mood in the first place!).

4. It reduces pain
Studies show that vaginal stimulation results in increased pain tolerance, and pleasurable self-stimulation of the clitoris also has an analgesic effect. Researchers report that this type of stimulation can ease the pain of menstrual cramps, arthritis, migraine and other conditions.

5. It helps you to breathe easier
Sex is reputedly a natural antihistamine, helping to combat hay fever and asthma symptoms.

6. It helps you live longer — if you do it often enough
A Welsh longitudinal study examined the relationship between mortality and frequency of sexual activity. Researchers found that the risk of dying in any one year was 50 per cent lower among men who had sex twice or more a week than among men who had sex less than once a month. Even when controlling for such factors as age, social class and smoking status, the study concluded that the more sex, the better.

7. It promotes a feeling of well-being
Sexual activity fosters everything from sexual and reproductive health to happiness. And one U.S. study of more than 1,800 people found that surges in oxytocin and endorphins (which have an apparent sedative effect) occurred as a result of orgasm, explaining why sex often leads to falling asleep.

JOSEPHINE BROUARD/
BEST HEALTH CANADA

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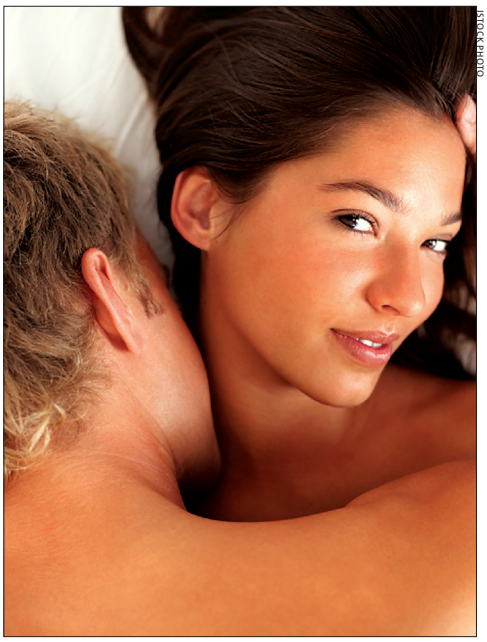
ISTOCK PHOTO

A good sex life is a key to youthful looks, according to a study of 3,500 people age 18 to 102 conducted by the Royal Edinburgh Hospital in Scotland.

Makeup fit for a queen

BEAUTY Get the royal treatment with a new decadent makeup collection inspired by the lavish extravagance of the noble class.

For its new fall 2009 colour line Reign, Smashbox Cosmetics turned to the luxe and indulgence of the Tudor era — mixing traditional bourgeoisie with a contemporary twist.

Fall must-haves include the doubletake lip colour ($25); a lip pencil on one end and luxurious creamy colour on the other. Available in Currant (matte deep berry) and Amaretto (matte peachy pink).

The Crowned-coloured lipgloss ($22) will have you shining like a queen with its shimmery peachy pink glow.

Smashbox fusion blush in Regal, $37.

And has all the scandal and desire left you blushing yet? Try the Fusion Blush ($37) in Regal, a matte peachy nude/shimmering peachy nude.

And last but not least, the mystery lies in the eyes. Create a sultry look with the eyeshadow palettes ($48 each) in Majesty (champagne, fuchsia and black) or Monarch (gold, copper and brown). The baked shades offer six colours in total (three matte and three shimmer), which can be wore wet or dry.

Smashbox eyeshadow palette in Majesty, $48.

The blush and eyeshadow palettes feature a mirror and faux-leather packaging embossed with a Smashbox crest.

Visit smashboxcanada.com for more information.

Smashbox products are available at select Shoppers Drug Mart stores, Murale stores and Sephora.

METRO NEWS SERVICE

Smashbox Lip gloss in Crowned , $22.

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Daily rest time for kids

Kids between four and five who don't nap may exhibit higher levels of hyperactivity, anxiety and depression than those who do nap, says a new study. Researchers suggest parents include a daily rest time for kids. **BEST HEALTH MAGAZINE**

Skin saviour for teens

Dermalogica's new Clean Start is free from harsh ingredients

Clean Start is a new non-irritating skin care line by Dermalogica that is geared at teenagers (ranges from $23.50 to $45).

DENISE SURETTE
For Metro Canada

Think back to your teenage years, and try to remember how you felt about your skin.

For most people, pimples and harsh astringents come to mind. But luckily for the teens of the 21st century, Dermalogica has come up with a skin care line that is geared for teenage skin, without the harsh ingredients.

Since the mid '80s Dermalogica has been outfitting many of the world's spas with skin care products free from artificial colours and fragrance.

Now Dermalogica is getting teens on board with a line of products called Clean Start; they are easy to use, non-irritating and made specifically for teen skin and the problems that come with it.

Melissa Daniels, general manager for Clean Start Canada, explains that teens really don't have much of a choice when it comes to skin care that works.

"In teen skin care you really only have two choices," she says. "There is really fragrant skin care or harsh products. Clean Start is about giving confidence to teens."

"In teen skin care you really only have two choices ... There is really fragrant skin care or harsh products. Clean Start is about giving confidence to teens."
Melissa Daniels, Clean Start Canada

The Clean Start program is made up of four products, plus a few extras. The major players in this team are the cleanser: Wash Off ($26), made with gentle exfoliating ingredients and a fresh citrus scent. The second step is the toner, All Over Clear ($23.50), to help clear away excess oil without stripping the skin. The third step is a scrub and mask in one bottle, Ready, Set, Scrub! ($27.50), which soaks up oil and gently scrubs away excess oil and skin cells. The last step is to leave the skin hydrated and protected from the sun with Welcome Matte SPF 15 ($31.50), which helps absorb excess oil.

If you need a little extra help in problem areas, Clean Start offers a few helpful products. Bedtime for Breakouts ($29), is an overnight clearing gel to keep skin bacteria-free and prevent breakouts. If you already have a pimple, try Hit the Spot ($29), a gentle spot treatment that helps take away the itch and redness from an inflamed pimple.

The line is aimed at kids as young as eight, to start them off on a healthy skin care program that will help them through their teens and into their 20s.

To try the products without making a commitment, you can buy the Clean Start Kit ($45), which includes a month's worth of cleanser, toner, scrub, clearing gel and lotion with SPF.

Feel full faster with fibre

- If you eat more fibre, you tend to eat less overall because fibre adds weight and volume to food.
- Another benefit of fibre is that if you eat it during the same meal with fat, it binds to the fat, causing fewer fats to be absorbed and hence reducing calorie intake. "This latter mechanism is small, but real," Dr. Larry Tucker, lead author of a new study and a researcher at Brigham Young University College of Health and Human Performance in Provo, Utah, told Metro. "Fibre helps fill you up on fewer calories," he says.

CELIA MILNE/
FOR METRO CANADA

Fibre great for foiling fat

DENISE SURETTE
For Metro Canada

Eating lots of fibre helps you lose weight.

Adding more vegetables, fruit, whole grains and legumes, such as beans and lentils, to your diet can help stop the weight gain some people think is inevitable as we age.

"Increasing fibre in the diet is one healthy way to decrease calorie consumption and reduce the risk of weight gain over time," says Dr. Larry Tucker, lead author of a new study and a researcher at Brigham Young University College of Health and Human Performance in Provo, Utah. "Both a high fibre intake and abundant physical activity are crucial for weight management."

This advice may not be completely new, but Tucker's research team has found the effect of fibre is more powerful than you might think.

In Utah, 252 women were enrolled in a study that lasted 20 months. Researchers recorded their age, weight, and percentage of body at the beginning and the end of the study.

For seven days at the start of the study, the women were assessed to find out how much food they ate overall, how much fat was in their diet, how much fibre they ate, and how much exercise they did.

Adding more fibre to your diet is a healthy way to help stop weight gain.

These assessments were done again for seven days at the end of the study.

The mean age of the women in the study was 40. They weren't told to change their regular eating or exercising habits, but many did anyway. Over 20 months, 24 per cent of the women lost weight, 29 per cent stayed the same and 47 per cent gained weight. This high rate of weight gain is considered normal, since weight gain as we age is common in North America.

But here's the good news: Not all women were at equal risk for gaining weight — and you can control your risk using fibre. Those who ate more fibre were less likely to gain weight and body fat.

Reducing fibre is definitely a no-no. For each 1 g decrease in total fibre in the study, 0.25 kg was gained over 20 months.

Health in brief

BIRTH CONTROL Giving contraceptives to people in developing countries could help fight climate change by slowing population growth, experts said Friday. More than 200 million women worldwide want contraceptives, but don't have access to them, according to an editorial published in the British medical journal, Lancet. If those women had access to free condoms or other birth control methods, that could slow rates of population growth, possibly easing the pressure on the environment, the editors say.

THE ASSOCIATED PRESS

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Researchers at Mount Sinai Hospital are looking for overweight men or women without diabetes between the ages of 18-65 to participate in a research study. Participants will be reimbursed for the nine hours required over a 2 month period to complete the study.

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A good night's rest... alone

A shared bed may bad for your health, says new study

ISTOCKPHOTO

Recent evidence shows that couples suffer 50 per cent more sleep disturbances if they share a bed.

Beyonce and hubby Jay-Z made it trendy when it was rumoured that they sleep separately, even going so far as to rent separate hotel rooms when they travel together.

But now, it's scientific fact. Sleeping together may actually be bad for your health.

Sleep specialist Dr. Neil Stanley, head of one of Britain's leading sleep labs, recently told the British Science Festival that while couples believed they slept better with their partner, evidence has proved that couples suffer 50 per cent more sleep disturbances if they share a bed.

The resulting lousy night's sleep can be linked to everything from depression to heart disease, strokes, traffic and industrial accidents and even divorce.

Of course, this news goes against conventional wisdom. As a culture, we believe that separately is a sign of trouble in paradise that leads to marital doom.

But Stanley, who sleeps separately from his wife, says that historically, couples sharing a bed wasn't even common until the industrial revolution, when people moved to overcrowded towns and cities and living space was limited.

"Historically, couples sharing a bed wasn't even common until the industrial revolution ... In ancient Rome, for example, the marital bed was for one thing, and that wasn't sleeping."

In ancient Rome, for example, the marital bed was for one thing, and that wasn't sleeping.

I've long believed that sleeping apart — even having separate bedrooms — can actually be good for a relationship. Not only do you get a decent night's sleep, but you get your own space when you need it, and you can relish in the excitement of sneaking into each other's room just like when you were just dating and your parents made you sleep in separate bedrooms when you stayed with them. Besides, nothing builds resentment more than watching your partner sleep blissfully beside you while you toss and turn beside them. How is that good for a relationship?

It seems more and more couples are coming around to my way of thinking. According to the National Sleep Foundation in the U.S., the amount of couples sleeping separately rose from 12 per cent in 2001 to 23 per cent in 2005.

And, according to the National Association of Home Builders, they've seen an increase in requests for "two-master bedroom" homes and predict that by 2015, 60 per cent of all custom upscale homes will be built with two "owner suites."

I'm sure lots of couples don't have a problem sleeping in the same bed. Some may actually even enjoy it.

But if you don't, and it's affecting the quality of your sleep, you need to get over the fact that sleeping separately is unhealthy for the relationship because the exact opposite may be true.

It may well be that what your relationship really needs is a good night's sleep ... in separate beds.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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Satisfaction guaranteed for all

Sexual reproductive fertility store sells clothes for babies, 'playful' toys for moms

There's a slightly weird but sweet logic to Red Tent Sisters, a unique shop at 810 Danforth Ave., east of Pape, that recently opened shop.

It's a store based on a fact of life: it's not so far from a gleam in the eye to bathing the baby.

At Red Tent Sisters, it's the distance between two shop windows, one showcasing sex toys and the other featuring baby goods.

Styled as "a store for all your sexual, reproductive and fertility needs," sibling owners Amy and Kimberley Sedgwick offer everything "for the female sex."

"Sexuality, fertility, pregnancy, child-rearing," explains Kimberley, 23, a recent King's College Dalhousie grad who majored in women's studies. "Our hope is to reach women across the menstrual cycle and beyond.

"We might be the only store doing it, " she says, about selling both baby goods and sex toys. "My sister and I were concerned about it at first but people coming into the store feel quite comfortable with it."

Sisters Amy (right) and Kimberly Sedgwick are the owners of Red Tent Sisters, located at 810 Danforth Ave. It is a store styled for "all your sexual, reproductive and fertility needs," say the siblings.

A sign on the door warns parents with young children that adult toys are displayed on a shelf well above little ones' eye level.

VINCE TALOTTA/TORSTAR NEWS SERVICE

A toy and books for children are on the floor below those shelves.

The sisters considered placing the vibrators and adult sex toys in a separate, private area but, says Amy, "We didn't want it to be shameful. This is about embracing our sexuality in a positive way and knowing that you can satisfy yourself, and we didn't want to stigmatize that."

Their eclecticism even extends to selling skeins of wool and knitting needles for "stitch and bitch" sessions, to be held, like all the workshops, in a private room at the back of the shop.

Red Tent Sisters also runs Canada's first green online sex store at ecosex.ca

Amy Sedgwick, 28, an occupational therapist, former wellness counsellor at Bridgepoint Hospital, mother of a toddler and trained personal coach, will lead group sessions and offer private coaching.

She specializes in the Justisse holistic fertility awareness and management method (justisse.ca), which promotes "body literacy."

That's also a founding concept of Red Tent Sisters, along with "the red tent aspect."

Explains Kimberley, about the store's name based on the book by Anita Diamant, "It's a place for women to gather, where women can feel comfortable and be supportive of each other."

Although Diamant was not contacted about the store's name, she's delighted to hear about it.

Speaking from her home in Boston, she says her book has inspired women's centres, retreats and therapy practices all over the world. "I'm flattered and honoured," she says.

"I get emails asking permission but they don't have to. You can't copyright a title."

She adds, "Please tell the women opening the store I wish them the best of luck and if I'm ever in town I'll visit."

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End of road for HIV drugs

Activists fear antiretrovirals to be cut off for Africa

The final shipment of AIDS medication to leave Canada on compassionate grounds to continue treatment for more than 21,000 people with AIDS will arrive in Africa today.

Activists fear this is the end of the road for Canada's Access to Medicines Regime (CAMR) — legislation brought forward by the federal Liberals five years ago to ship cheaply priced generic medication to needy countries fighting AIDS — unless changes are made to what critics say is a cumbersome process.

"I just don't understand why a government would be so, so unjust to stand in the way," Stephen Lewis, the former United Nations Special Envoy for HIV/AIDS in Africa, said from his Toronto home. "Now that the NDP seems to be supporting the government, maybe there could be a quid pro quo."

There are currently two bills before Parliament, one in the House of Commons and the other in the Senate, that could streamline the drug approval process generic drug makers argue is too tedious to work.

The CAMR was created five years ago with all-party support.

Only Rwanda has requested medicine under the program, which is enough to treat 21,000 patients for two years.

TORSTAR NEWS SERVICE

CHARLA LOWE/TORSTAR NEWS SERVICE

Seen here: TriAvir, the AIDS antiretroviral medication developed by Apotex to help patients in Africa.

Access to medicine: Canada's dilemma

- **The problem:** Canada's Access to Medicines Regime was created five years ago to send affordable generic medication to poor countries battling AIDS, but only one country, Rwanda, has received medication through the process, which critics say is too cumbersome.
- **The solution:** Two private member's resolutions, one in the House of Commons and another in the Senate, would help streamline the process. The minority Conservative government opposes the bills.

TORSTAR NEWS SERVICE

I felt my stomach was going to explode!

Jane started having stomach troubles a few years back and was eventually treated with antibiotics. After this her real problems began!

"It started little by little. At first, I thought maybe it was a food I couldn't tolerate. But eventually, no matter what I ate, the problem occurred. My stomach would get really bloated and I would have embarrassing flatulence."

My friend thought I was pregnant

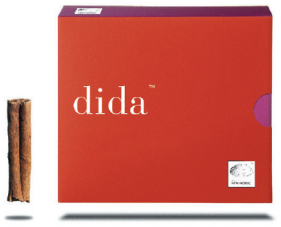
"Whenever I was invited out I would worry for days in advance, about what to wear. I did not want anyone to notice my bloated stomach. The problem got worse when a friend asked if I was pregnant."

Always craving sweets

"I noticed that sweets, cakes and bread made the problem worse. They made me feel tired, moody and still craving sweets. My friend told me that I probably have an imbalance in my intestinal flora and recommended a product called dida™, which could help against bloating. So I gave dida™ a try.

Initially, I still had some bloating, but after about 3 weeks it was gone! No more flatulence and no more bloating! What a joy to be back to normal and not have to worry about hiding my inflated stomach. I also feel better and more energetic – as if an inner strength is back."

- Jane A., Sweden



Suffering from yeast overgrowth?

Candida Albicans is a fungus that lives in our intestines and genitals. Normally it lives in harmony with our bodies but for some people, their diet or medications create an intestinal imbalance and this fungus overgrows. This creates a plethora of symptoms, such as stomach pains, bloating, genital itching, mood swings and sugar cravings.

There are a variety of causes of overgrowth, such as a diet high in sugar, yeast and refined foods, as well as the use of antibiotics. And most people never know why they are suffering from these symptoms, until they get a yeast infection. Treatments are often short lived and do not prevent the problems from reoccurring.

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LED/tea combo for wrinkles

In Germany, the search for eternal youth has led to tea time.

German researchers have coupled high-intensity light exposure with a lotion made of green tea extract to create a wrinkle-fighting concoction they say could replace invasive cosmetic procedures.

Andrei P. Sommer and Dan Zhu found facial wrinkles were reduced when skin was exposed to high-intensity light-emitting diodes (LEDs), like those used in computers and automotive taillights, on a daily basis for several months.

Green tea extract is already used in a variety of lotions and creams

But because intense LED light can trigger production of high levels of reactive oxygen species known to damage cells, the scientists coupled the light treatment with a potent antioxidant found in green tea extract, called epigallocatechin gallate.

A volunteer sat under a LED light every day for a month. Before exposure, a lotion made of green tea extract was applied for 20 minutes to the volunteer's face.

The researchers said the treatment worked 10 times faster than the application of LED light alone. According to their work, the volunteer's skin showed "less pronounced wrinkle levels, shorter wrinkle valleys, and a juvenile complexion."

"There is a flood of LED devices in the market. A few operate in the range found by us to be effective," Sommer said by email. He said the device they used for their study was professionally designed for wound healing and pain alleviation in military personnel.

Dr. Anne Curtis, director of the Dermatology Laser Centre at Women's College Hospital in Toronto, said both components are already fairly well established in the fight against the effects of aging.

She said one of the challenges with LED treatment is the inconvenience of having to come in to a clinic or doctor's office every day.

"To make it practical to do something on a daily basis the patients are going to have to buy home-use LED devices," Curtis said.

TORSTAR NEWS SERVICE

A recent study showed that the use of light-emitting diodes (LEDs) to reduce wrinkles worked 10 times faster with the application of green tea extracts.

Gibbard, Deschanel married
Five hundred days of summer – plus one day of marriage. Zooey Deschanel, 29, and Death Cab for Cutie singer Ben Gibbard, 33, tied the knot Saturday night near Seattle, her rep tells People magazine. METRO NEWS SERVICES

Entertainment

The Lioness
Amy Winehouse has created her own record label to launch her goddaughter's career. Dionne Bromfield, 13, is set to release her first album next month on Amy's Lioness Records. FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

Dancing her way to Fame

Remake appeals to younger audience, says star Kherington Payne

CHRIS ALEXANDER
for Metro Canada

Back in 1980, when maverick U.K. filmmaker Alan Parker released his immensely popular, generation-defining musical drama Fame, times were considerably different.

The movie examined the lives of a select group of young aspiring performers at New York City's High School for the Performing Arts, giving people an intimate — often off-colour — but always honest portrait of the dreams and passions of youth.

Next week sees the release of the glossy, state-of-the-art remake of Fame, a film that is being billed as a "re-imagining" of the source. And while this Fame still touches on the same themes and high energy performances, the novelty may have worn off a bit, especially in this age of reality TV equivalents American Idol and more resonantly, So You Think You Can Dance, a program that co-star Kherington Payne is more than a little bit familiar with.

"I think we had to take a different approach than the original did," says Payne, who herself was a top 10 finalist and fan favourite on So You Think You Can Dance last year.

GETTY IMAGES

Kherington Payne stars in the remake of Fame, opening Friday.

Fame opens in theatres this Friday

"The world of the performing arts isn't as secret as it was when the first film was released. Things have changed so our Fame is a fresh perspective."

One of the major differences between the two versions is the target audience. The original picture was rated R due to the level of frank language and sexuality, the new version opts for a lighter approach.

"This is a PG all the way," says Payne.

"The movie is designed for families, to inspire kids of all ages and just be entertaining without offending anyone."

Movie **feature**

"The movie is designed for families, to inspire kids of all ages and just be entertaining without offending anyone."
Kherington Payne

In Fame, Payne was chosen from a staggering array of hopefuls to play the beautiful, leggy dancer Alice. But her presence, good looks and most importantly, her impossibly accomplished skills as a dancer shone through. When she was voted off So You Think You Can dance, it was a shock, both for audiences who believed she'd go all the way and for Payne herself. But, despite her public heartbreak, she rebounded spectacularly and regrets nothing.

"Rejection hurts, I won't lie," says the newly minted actress.

"But you can't let it get you down. Really, it thickened my skin and without it, I wouldn't be where I am now."

Mix of Six

Metro taps into today's best entertainment and event picks

MUSIC Noisy avant-garde Texan band ...And You Will Know Us by the Trail of the Dead and Secret Machines play tonight. Lee's Palace, 528 Bloor St. W., 8 p.m., $18.50 at Rotate This or 416-870-8000.

BOOK LAUNCH Journalist Ian Brown launches his poignant memoir, The Boy In Moon — about life with his severely disabled 12-year-old son Walker. The Annex Live, 296 Brunswick Ave. 7:30 p.m., reception 6:30 p.m., $5

SIGNING Douglas Coupland makes the first of two Toronto appearances for his novel Generation A. Free at Indigo Bayview Village, 2901 Bayview Ave., 7 p.m.

DAY OF ACTION Celebrate Car-Free Day and sustainable transportation with live music, performances, and environmental and health displays. Free at Yonge-Dundas Square. carfreeday.ca.

AWARDS Canadian indie superstar groups Metric, the Weakerthans, and Hey Rosetta! perform at the Verge Music Awards. The Mod Club, 722 College St., Doors 6:45 p.m.

STORYTELLING Heeb, the New York-based magazine about the Jewish experience, presents a storytelling event hosted by comedian Aaron Berg. The Drake Hotel, 1150 Queen St. W. $5, 9 p.m.

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Plummer, Dourif join vampire western

Christopher Plummer and Brad Dourif have joined the cast of the vampire western, Priest. The film stars Paul Bettany as a priest-turned-vampire hunter tracking down the bloodsucking bastards who kidnapped his niece. METRO NEWS SERVICES

Doc tops at Western Canadian Music awards

Beautiful Life continues to take Doc Walker for one helluva ride.

The song by the Manitoba trio was named country recording of the year Sunday night at the Western Canadian Music Awards.

It capped a triumphant week for band members Chris Thorsteinson, Dave Wasilyw and Murray Pulver. Doc Walker won group of the year at last week's Canadian Country Music Awards, in Vancouver.

Also from Manitoba, Winnipeg's Romi Mayes captured songwriter of the year and roots solo recording of the year – both for the song Achin in Yer Bones.

They were among 22 different artists up for awards in 14 different categories at the seventh annual show, at the Manitoba Centennial Auditorium.

Marianas Trench won pop recording of the year for Masterpiece Theatre.

THE CANADIAN PRESS

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After the Emmys

Cryer, Collette among stars at after-parties

Grammy-winning R&B diva Mary J. Blige summed up the Emmy after-parties during a soulful, sassy performance complete with a glittering golden microphone.

"Don't forget how important we are ... We are all in this together, whether we like it or not!" Blige shouted at the Entertainment Tonight and People magazine party.

Blige was talking about life, but she could have been talking about the crowd, with everyone from Mad Men actresses January Jones and Christina Hendricks to Jon Cryer of Two and a Half Men bopping in unison to the thumping music.

Lit up by votive candles and orange dangling lamps, converted cathedral Vibiana in downtown Los Angeles was an elegant destination after the 61st annual primetime Emmy Awards on Sunday. Celebrities also attended several other parties around town.

Cryer, clutching his trophy for best supporting actor in a comedy series, was all smiles as he escorted his wife, Lisa Joyner. The first-time Emmy winner planned to have French toast and hang out with his son before heading to work yesterday.

The couple wouldn't stay long at the bash, but not without some good hard partying first, he joked.

"That's the great thing about having a driver," Cryer said with a laugh. "We're going to get wasted in an incredibly short period of time. Give us 20 minutes here, and we're moving on, wasted! We're just going to say, 'pull over,' barf, and keep going."

JAE C. HONG/THE ASSOCIATED PRESS

Mad Men's Elisabeth Moss and Saturday Night Live's Fred Armisen after the 61st Emmy Awards at the Governors Ball.

Guests included another first-time Emmy winner, Toni Collette, holding her trophy for best lead actress in a comedy series for United States of Tara, plus Julie Benz of Dexter, David Boreanaz of Bones and starlets from Melrose Place and 90210.

"My trick is to try to snub people that are more famous than I, because it messes with their head," cracked My Life on the D List comedian Kathy Griffin about her party etiquette. "So for me to snub, like someone from Mad Men, they get this look on their face, like, 'Wait, no, no, no, I'm snubbing YOU!' ... It's a little mind game I play. It's called high school, and I apparently never graduated."

Guests dined on globally inspired dishes catered by chef Susan Feniger's Hollywood restaurant STREET, including Korean dumplings filled with kimchi and Ukrainian dumplings stuffed with spinach, zucchini and cheese.

Emmy host Neil Patrick Harris made a grand entrance, clapping to Blige's tunes and mugging for pictures.

The Governors Ball was the first stop for many guests, where a room at the Los Angeles Convention Center had been transformed into an oasis. Red, purple and green lanterns punctuated black fabric dotted with tiny lights. THE ASSOCIATED PRESS

Depp to quit Pirates after Disney chief walks the plank?
It seems that the sudden departure of Disney chairman Dick Cook could have a major effect on Pirates Of The Caribbean: On Stranger Tides. Johnny Depp told the LA Times, in reaction to Cook's departure, that "there's a fissure, a crack in my enthusiasm at the moment." EMPIREONLINE.COM

THE ASSOCIATED PRESS/WARNER BROS. FILE PHOTO

In this 1939 file photo, Bert Lahr as the Cowardly Lion, from left, Ray Bolger as the Scarecrow, Judy Garland as Dorothy, and Jack Haley as the Tin Man, are shown in a scene from The Wizard of Oz.

Warner bringing back magic of Oz

When The Wizard of Oz first hit theatres in August 1939, the Depression continued to grind away and Germany stood on the verge of invading Poland, igniting a global conflagration that would envelop the United States just two years later.

Moviegoers needed escape. And along came Judy Garland's Dorothy Gale, a Kansas farm girl whose ruby slippers stepped out of the dreary present and into a Technicolor future, a magical Oz populated by talking scarecrows, Munchkins, bubble-riding witches and a con man of a wizard.

Seventy years after its first screening, The Wizard of Oz is headed back to theatres tomorrow for one night as Warner Bros. unveils a technologically updated and improved version ahead of its release on Blu-ray Hi-Def.

"A film like this, which is so unlike any other motion picture and so beloved by the public all over the world, it deserves to be seen in the best possible light."
George Feltenstein, Warner Bros.

"A film like this, which is so unlike any other motion picture and so beloved by the public all over the world, it deserves to be seen in the best possible light," said George Feltenstein, senior vice-president of WB's theatrical catalogue marketing.

The world is no less scary than it was 70 years ago and the fantasy genre has tilted ever darker through the years, making a wicked witch's castle look downright homey.

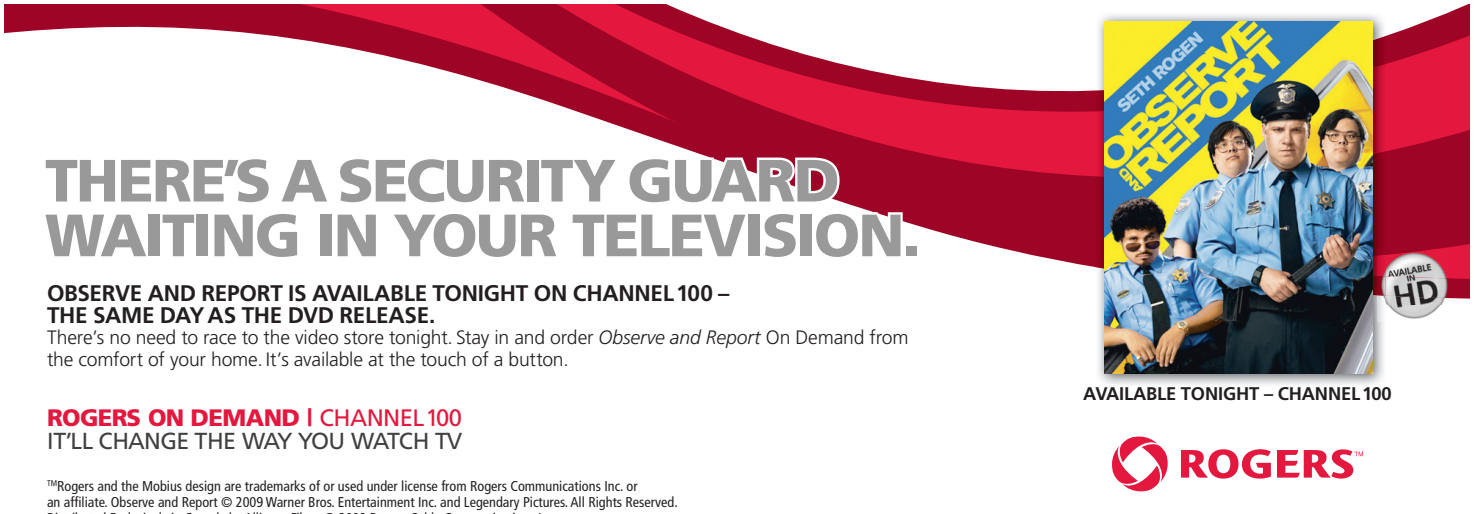
But despite its campy tone and crude special effects, The Wizard of Oz has retained its popularity.

For many fans, tomorrow's showing will be the first chance they've had to see The Wizard of Oz on the big screen since its last theatrical release in 1955. And even frequent viewers will be in for a surprise, Feltenstein said, as the new version provides textures and details that were invisible in past prints.

THE ASSOCIATED PRESS

The Wizard of Oz trivia

- The movie was based on L. Frank Baum's 1900 book, The Wonderful Wizard of Oz, which itself amassed quite a following. Baum wrote 13 sequels and authors approved by his estate penned 26 more.
- Evan I. Schwartz, author of Finding Oz: How L. Frank Baum Discovered the Great American Story, said Baum set out to create a fairy tale that used the traditional "quest" story to teach lessons about wisdom, compassion and courage, but eschewed the knights and dragons of European folklore. Instead, he used American images, such as the scarecrow and the tin man.
- Oz was turned into a Broadway musical and three silent films before Metro-Goldwyn-Mayer began making the definitive version in 1938.
- In Wamego, this year's OZtoberFEST, an annual festival held on the first weekend of October with appearances by relatives of Baum. This year's festival will coincide with the annual convention of the International Wizard of Oz Club.



metro hmv
For complete contest details go to http://www.sonymusic.ca/pitbull/hmv/rules

Women writers rule Giller list

Margaret Atwood and Anne Michaels headline a Scotiabank Giller Prize long list that boasts 10 female writers and just two men.

Atwood is in the running for The Year of the Flood, about the near demise of humanity, while Michaels is up for The Winter Vault, her first novel since 1996's acclaimed Fugitive Pieces.

The short list will be announced Oct. 6 while the winner is to be unveiled Nov. 10. The Giller Prize is worth $50,000.

The men on the list are CBC journalist Linden MacIntyre for his novel about religious scandal entitled, The Bishop's Man, and Colin McAdam for his novel, Fall.

This year's jury is made up of short story writer Russell Banks, British author Victoria Glendinning and Canadian writer Alistair MacLeod.

Others who made the long list include:

- Martha Baillie for her novel, The Incident Report (Pedlar Press)
- Kim Echlin for her novel, The Disappeared (Hamish Hamilton Canada)
- Claire Holden Rothman for her novel, The Heart Specialist (Cormorant Books)
- Paulette Jiles for her novel, The Colour of Lightning (HarperCollins Publishers)
- Jeanette Lynes for her novel, The Factory Voice (Coteau Books)
- Annabel Lyon for her novel, The Golden Mean (Random House Canada)
- Shani Mootoo for her novel, Valmiki's Daughter (House of Anansi Press)
- Kate Pullinger for her novel, The Mistress of Nothing (McArthur & Company)

Atwood

Michaels

THE CANADIAN PRESS

Obama on Letterman for the 'potato'

TV APPEARANCE Add this one to the presidential experience: The heart-shaped potato.

By the time Barack Obama came on stage to the taping of the Late Show yesterday, host David Letterman had offered up 10 reasons why in the world the president had agreed to do it.

Among Letterman's theories: Obama said yes without thinking about it, or as Letterman put it, like Bush did with Iraq.

But Obama had other ideas. It turns out he was listening when Letterman had bantered with a woman in the audience who brought — yes — a potato in the shape of a heart to the show.

Obama told Letterman: "The main reason I'm here? I want to see that heart-shaped potato."

The woman tossed the potato to Letterman.

She agreed to let Obama keep it.

Said the president: "This is remarkable."

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Blunt takes on downloading

Singer James Blunt is no fan of pirates. Not the swash-buckling brand — the piracy on Blunt's bad side involves illegal downloads. The singer has backed Lily Allen's push to create legislation that will eradicate the practice. METRO NEWS SERVICES

F--ked Up take Polaris Prize

Hardcore band picked by critics for $20,000 award

BRYAN BORZYKOWSKI
for Metro Canada

The Polaris Music Prize might not be the most well-known music award in Canada, but for Toronto hardcore band F--ked Up, it's the only one that matters.

The six-piece, which released The Chemistry of Common Life last October, won the fourth annual prize at a gala event last night. Besides the album being crowned the best disc of 2008-09, the group takes home a $20,000 cheque.

While the money helps, it's the international acclaim that comes with the award that's the real prize. Unlike the Junos, the nominees for the annual prize are mostly under-the-radar acts — nominees such as Hey Rosetta!, Malajube and Chad VanGaalen aren't selling thousands of records — so increased attention is a major career boost for these musicians.

Last night, the award was handed out for the fourth time at a glitzy gala hosted by CBC Radio 3's Grant Lawrence and MuchMusic's Sarah Taylor. And while there was only one winner, it was still a successful night for all of the 10 nominated acts.

That's because the gala, which was broadcast live on Sirius Satellite Radio and MuchMusic.com, included performances from the 10 artists. Each act ran through two songs, and while they were all engaging, standouts included an acoustic version of Metric's Help, I'm Alive off Fantasies, Great Lake Swimmers' sweet folk tune Still, and Joel Plaskett's haunting rendition of Heartless, Heartless, Heartless.

Besides the aforementioned acts, other nominees included Toronto folk group Elliott Brood, Somali-born rapper K'Naan and 2007 Polaris winner Patrick Watson.

This is actually the first time in the prize's history that past nominees — like K'Naan, Malajube and Metric — have been up for the award again.

Helen Spitzer, one of the 182 Canadian journalists who cast a vote in July to determine the long and short lists (11 of the jury members picked the winner), says having repeat artists is both a plus and a negative for the award.

"It says that jurors across the country need to be digging a little deeper and getting outside of their comfort zone as far as the music they listen too goes," she said.

"But at the same time I think both the Metric and Patrick Watson records are significantly better than previously nominated albums."

As always, the competition was fierce. Joel Plaskett's album might be the most ambitious record — he wrote 27 songs, mostly about life on the road and coming home — but Metric's solid new wave effort, their best since 2003's Old World Underground, and K'Naan's cross-genre hip-hop release are packed with stellar songs from front to back.

No one would argue that every artist deserves the cheque, but F-ked Up's pop-meets-hardcore disc was one of the most refreshing and original albums of the year — so it's no surprise they took the prize.

Toronto hardcore act F--ked Up won the Polaris Prize, awarded last night.

Polaris winners

- 2006 — Final Fantasy, He Poos Clouds
- 2007 — Patrick Watson, Close to Paradise
- 2008 — Caribou, Andorra
- 2009 — F--ked Up, The Chemistry Of Common Life

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From Watchmen to the A-Team
Patrick Wilson has joined the cast of The A-Team. The Watchmen star will play a CIA operative in the movie. EMPIREONLINE.COM

Westwood sees green

London Fashion Week

Vivienne Westwood combined punk, politics and pop stars Sunday night to give London Fashion Week a memorable jolt.

The focus was on the clothes, but also on her bid to raise awareness about the urgent need to save the world's threatened rainforests.

The aging, charismatic doyenne of the punk design movement wore a green dress — set off by flaming orange hair and bright red lipstick — to emphasize her desire to spur environmental awareness at a time when she believes the planet is in peril.

The Vivienne Westwood Red Label show focused on clothes designed to be enjoyed during the restful peace of a summer Sunday in the English countryside even as she warned that Britain's climate may change so quickly that the idyllic island would be changed forever.

"It was amazing, just amazing," said Girls Aloud singer Sarah Harding after the show, which featured a series of dresses cut in traditional British fabrics set off by unusual gold headgear, including some that made the models appear to be wearing devil's horns.

JOEL RYAN/THE ASSOCIATED PRESS

British designer Vivienne Westwood, in green.

"Vivienne Westwood is my favourite designer. Everything's gone full circle. It's back to the '80s."

Westwood actually made her name even earlier than that as the avatar of the punk movement. She has remained a powerful force on the fashion scene and is not shy about injecting politics into her shows.

"Some people may find it odd that I put politics into my fashion shows, but I couldn't just do fashion if I didn't have something else to occupy me," Westwood said after the show. "I need something that is intellectually stimulating, and I think it's criminal that we are not treating this environmental catastrophe with the urgency it needs. We're destroying the planet."

She said the clothes were designed to capture the timeless quality of summertime in England.

"In pagan times, the Greeks were aware of this beautiful, beautiful island," she said. "The way we are willing to sacrifice it is absolutely crazy."

Westwood also used her show to raise support for Prince Charles' various rain forest initiatives. In the past, Westwood has used her London Fashion Week shows to criticize American policy, specifically the handling of detainees at the Guantanamo prison camp in Cuba.

She always draws a star-studded crowd, and Wednesday was no exception. Wednesday's front-row crowd included former Spice Girl Geri Halliwell, singer Joss Stone, and former Culture Club singer Boy George, who wore heavy makeup, eyeliner, and an oversize bright pink hat emblazoned with a pirate's emblem.

He raved about the show, saying Westwood always sets fashion trends rather than following others. "It wasn't a raunchy show or a sexy show, so that must be the new mood," said Boy George. "She's way ahead of everybody."

He said he used to go to Westwood's shop to marvel at her clothes before he started his music career but couldn't afford to buy any of the items. Since then, he has collected a number of her pieces.

"She's one of the best British designers," he said. "She's the only one who's done something completely original."

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JOEL RYAN/THE ASSOCIATED PRESS

British model Pixie Geldof displays a creation by British designer Vivienne Westwood during Fashion Week in London on Sunday.

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Chenoweth doing well after sudden migraine at Emmys
Kristin Chenoweth is doing fine after suffering a migraine and seeking medical attention backstage at the Emmys. The newly minted Emmy winner was attended by on-site paramedics after she laid down when she felt a migraine coming on. TVGUIDE.COM

PAUL J. BERESWILL/THE ASSOCIATED PRESS

Connie Conway, WLIU news director/anchor host of the Evening Report, works in a studio at the Stonybrook University radio station in Southampton, N. Y.

Stars rally to save Hamptons NPR station

Imagine the Hamptons without the ocean.

Residents of one of the world's best known playground for the haves and have-mores use the dramatic comparison when talking about a public radio station that has been a beacon for community groups, artists and entertainers.

Actor Alec Baldwin, comedian Joy Behar, and publisher Jann Wenner are among the celebrities who are pushing to keep afloat the National Public Radio affiliate WLIU-FM, which is up for sale this week.

Despite ready access to cash from deep-pocketed supporters, many fear they may be outbid by well-financed religious broadcasters, who might scrap the region's only public radio station.

"It would be a very deep loss," says sculptor Dorothy Frankel. "Almost like having the beauty of the ocean taken away. It feeds our souls, feeds our intellect."

Long Island University, which has owned the radio station since it began broadcasting from the campus of Southampton College in 1963, announced in August that it could no longer sustain annual losses of about $1 million to help operate the FM station, putting it on the auction block. The university sold Southampton College three years ago to the state-run Stony Brook University, which has no interest in the station.

Bids on the station are due by Wednesday. An announcement on a new owner could follow within days or weeks. Either way, the station has been told it needs to clear out of the Southampton campus by the end of the year.

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Supporters

- Alec Baldwin, a Long Island native, was one of the first celebrities to donate to "Save Public Radio on the East End." Other supporters include Loews Hotels' CEO Jonathan Tisch, U.S. Rep Tim Bishop, and photographer Peter Beard.

Officials not in a hurry to lay charges in Jackson death

INVESTIGATION It's been almost three months since Michael Jackson's shocking death and, while Los Angeles police are close to wrapping up their investigation, the decision on whether to bring criminal charges is at least weeks and perhaps months away, legal experts say.

Last month the Los Angeles County coroner ruled Jackson's June 25 death a homicide, caused primarily by the powerful anesthetic propofol in combination with the sedative lorazepam. Both were administered in Jackson's mansion by his physician, Dr. Conrad Murray.

Murray is the target of what police term a manslaughter investigation but the probe is far broader, encompassing a half-dozen doctors who treated Jackson over the years. Police and federal Drug Enforcement Administration agents are trying to reconstruct Jackson's extensive drug history, a task made more difficult because the pop star used pseudonyms to obtain medications.

"There's no imminent danger to the public from Dr. Murray."
Greg D. Lee

Tracking down where Jackson got drugs, who provided them, how much his prior drug use contributed to his death and lining up experts to distill medical information into layman's terms for a jury is time-consuming.

"There's no reason for anyone to jump the gun on this," said Greg D. Lee, a retired supervising DEA agent. "Time is on their side. There's no imminent danger to the public from Dr. Murray."

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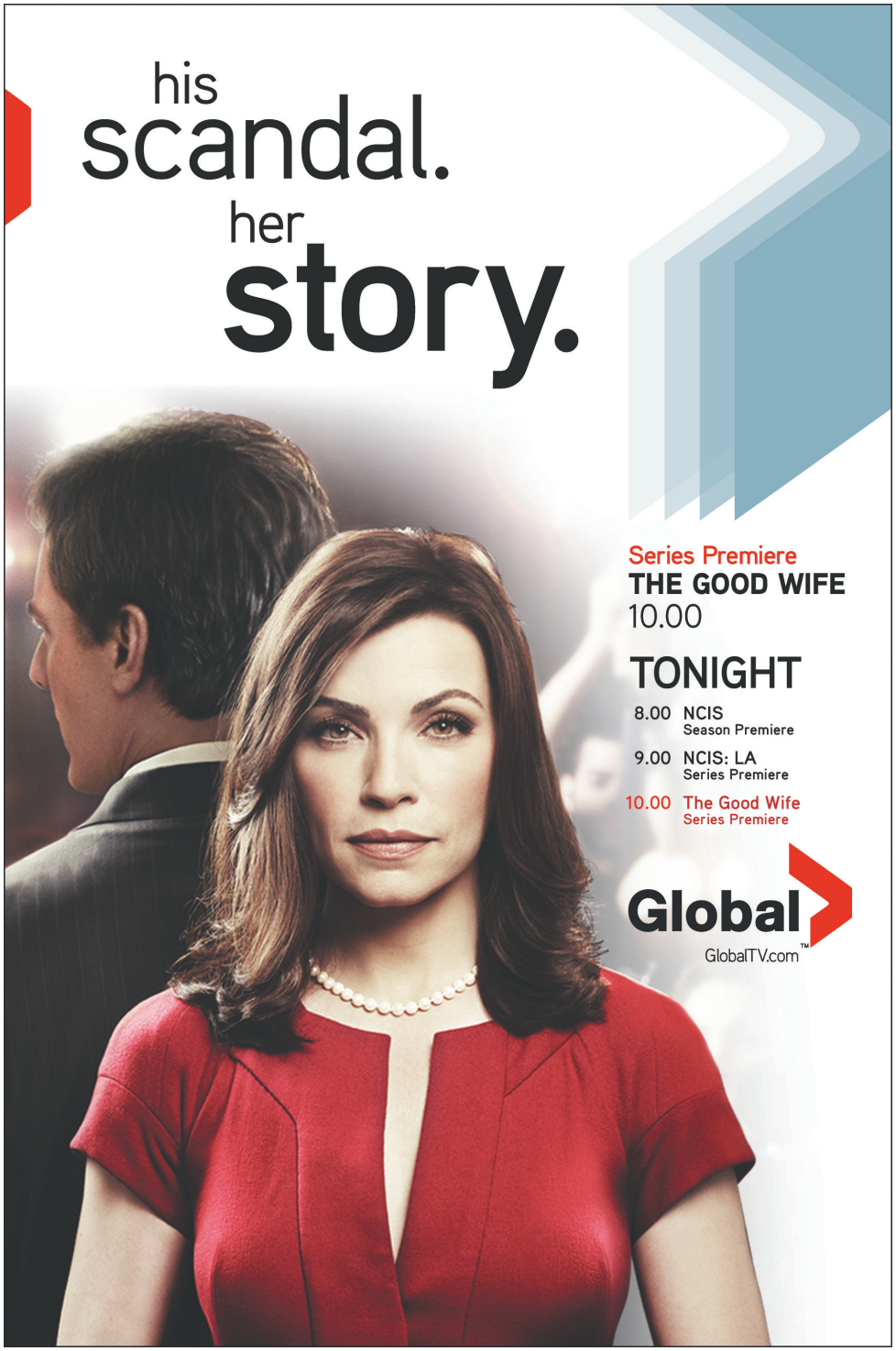


Gisele's new gig

Supermodel Gisele Bundchen has a new gig: United Nations goodwill ambassador for the environment. "I'm really honoured to have received a call from the UN to spread the message about climate change in the world," she told reporters. PEOPLE.COM

Film pianist Ferrante dies

DEATH Famed 1960s-era movie pianist Art Ferrante has died at his Florida home at age 88.

Ferrante's longtime manager says he died Saturday of natural causes in Longboat Key, about 97 kilometres south of Tampa. Along with partner Lou Teicher, Ferrante recorded themes to movies such as The Apartment, Lawrence of Arabia and Cleopatra.

Ferrante and Teicher were known as the Movie Theme Team and performed together for 40 years after meeting as children at The Juilliard School in New York.

Teicher died last year at age 83.

They also recorded 150 albums as a touring piano duo, nicknamed "Grand Twins of the Twin Grands," racking up 22 gold and platinum records, selling 90 million records worldwide, and playing 5,200 concerts before retiring in 1989, the Los Angeles Times reports.

Ferrante is survived by his wife, daughter and two granddaughters.

THE ASSOCIATED PRESS

Summer of Death '09

THE CANADIAN PRESS FILE PHOTOS

Among the many celebrities that died this summer are Michael Jackson, Farrah Fawcett and, below, Adam (DJ AM) Goldstein.

We had been told to expect the deaths of the famous to come in threes, not in the dozens.

But all through the summer of 2009 came a ceaseless and sombre drumbeat, as idols passed away. From Walter Cronkite to Sen. Ted Kennedy, the nonstop loss of luminaries continued almost as if a seasonal occurrence — as summer as hot dogs and humidity.

If a filmmaker were trying to capture the summer of 2009, Michael Jackson news would be playing in the background. Many thought coverage of Jackson's death was too much; a Pew Research Center poll released in July found that 64 per cent of those surveyed thought the media blitz was overdone.

But news outlets went heavy on coverage for the many others who passed. Collectively, it made the constant commemorating hard to escape, especially for anyone active on social networks and the Web.

"It's relentless because of the impact of the Internet," said Adam Bernstein, the obituary editor of the Washington Post. "Twitter feeds go out. Every death seems to become more of a tempest rather than just the simple news of what it is."

"Twitter feeds go out. Every death seems to become more of a tempest rather than just the simple news of what it is."
Adam Bernstein, obituary editor

Still, the parade of deaths was unusual. The phrase "summer of death" popped up, perhaps first used by New York magazine, which cheekily claimed the trademark. There's no particular reason for such an aberration; the death rate is typically higher during winter.

In May, the passings of actor David Carradine, 72, and Johnny Carson's sidekick Ed McMahon at 86 were only a harbinger of what was to follow.

Just two days later, two icons of Generation X died. First was the news that Farrah Fawcett, the '70s sex symbol and Charlie's Angels star, had died of cancer at 62. Later on in the day came the more unbelievable reports that Jackson had died.

Jackson's cultural importance alone would have been enough to keep his passing in the news cycle for weeks. But the complex nature of his estate and the murky details surrounding his death (eventually labelled a homicide by the medical examiner's office) ensured Jackson remained on front pages and on cable news crawls.

The death of Cronkite, a voice of authority and the premier TV anchorman, on July 17 was felt across the world of journalism.

August saw the death of Brat Pack film writer-director John Hughes at 59.

Two weeks after his sister Eunice Kennedy Shriver's death, the liberal lion of the U.S. Senate, Edward M. Kennedy, died at age 77 of a brain tumour.

On Aug. 28 followed Adam (DJ AM) Goldstein, the 36-year-old DJ.

"It feels like there's a lot of interest in celebrities," said Claire Noland, obituary editor of The Los Angeles Times. "Any time you have someone that's even a moderate celebrity, they make more news now than maybe they would have before."

Last week, Patrick Swayze died. But even he wasn't the last — with just days of summer officially remaining, folk singer Mary Travers passed away.

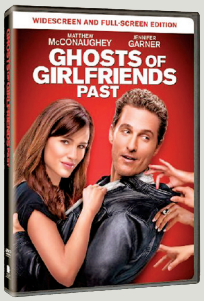
Together, those who died in the summer of 2009 came from seemingly every phase of life.

No one who ever picked up a guitar, danced to Thriller, watched a quality TV news broadcast or laughed through a coming-of-age comedy could have failed to feel the loss.

Autumn can't come soon enough. THE ASSOCIATED PRESS

Uncle Chuck returning to Gossip Girl
Jack Bass, the devious uncle of Gossip Girl's Chuck (Ed Westwick), is set to return to the show later this season, TVGuide.com has learned exclusively. "I will be back this year," says Desmond Harrington, who plays the character. TVGUIDE.COM

DVD picks



Ghosts of Girlfriends Past
Director: Mark Waters

MATTHEW MCCONAUGHEY is a cad and a bounder in this update of Charles Dickens' A Christmas Carol, and here's where things gets interesting.

He deliberately curdles his cuteness, a risky thing for an actor who depends on it. His loathsome Connor Mead uses his good looks to attract, use and then discard women.

He's jousting with Jennifer Garner and bantering with Michael Douglas, but he's ripe for comeuppance, and he's about to get it the way Ebenezer Scrooge did.

The ending is never in doubt, yet even knowing all this, Ghosts is a pleasure to watch. No recent romcom has had such wicked fun with formula, and a lot of this is due to the script by Jon Lucas and Scott Moore, who also co-scripted The Hangover. For director Mark Waters, it's a return to Mean Girls sharpness.

Most of all it's a roll of the dice for McConaughey, who risks losing his audience by playing a character who is so hard to like.

There are no special features.

Observe and Report
Director: Jody Hill

A SICK AND UNFUNNY fantasy about a loathsome mall cop named Ronnie Barnhardt, played against type by the usually adorable Seth Rogen, whose oversized ego is the inverse of his crew-cut-covered pea brain.

Consumed by rage and feelings of inadequacy — he lives at home with his drunken mom (Celia Weston) — the tightly wound Ronnie treats his suburban Forest Ridge Mall as a battlefield. Barnhardt advocates using guns, Tasers and billy clubs to settle any dispute, big or small.

It beggars credulity to think a man this unhinged would be allowed in a civilized society to get away with the sociopathic acts Ronnie commits — which include date rape, scores of brutal beatings (police officers included) and possibly even a few killings (he brags of six).

Writer/director Jody Hill (The Foot Fist Way) evidently intends his film to be satirical. But satire, even the absurd variety, requires intelligence to succeed. Yes, this is no Paul Blart: Mall Cop.

Extras include three featurettes, a gag reel and commentary by Jody Hill, Seth Rogen and Anna Faris.

O'Horten
Director: Bent Hamer

BENT HAMER'S latest distillation of Scandinavian wit is a bit o' wintry whimsy about a retired train driver who goes off the rails as soon as he leaves the track.

Odd Horten (Bård Owe) is great at keeping schedules but lousy at making connections. He's driven the Oslo-Bergen run for more than 40 years, content to keep going back and forth with nothing more than his pipe to keep him warm at nights.

Until the night of his final run, when O'Horten discovers the train of life doesn't need a destination.

Hamer has an ideal accomplice in actor Owe, who wraps O'Horten in a snuggly sweater of mystery yet still conveys the fire within.

Peter Howell/for Metro Canada

Entertainment in brief

CHARGES A Spanish-language actor and frequent guest on the popular Univision show Sabado Gigante has been charged with possessing child pornography. A police report says 45-year-old Adonis Losada was arrested Friday at his Miami Beach apartment. Boynton Beach and Miami Beach police say investigators found a child pornography image Losada sent to a social networking website. Police say investigators then searched Losada's home and found 18 child porn images on his home computer.
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Emmys audience grows on TV

STATS The Emmy Awards can boast of an audience bigger than it's been in three years, despite some tough competition from pro football.

The Nielsen Company estimates that 13.3 million people watched Sunday's Emmy telecast. That's one million more than last year's show, which was the least-watched Emmys ever, and the most since the 16.1 million who watched in 2006.

This increase came despite a Giants-Cowboys game on NBC that scored the best overnight ratings of any prime time pro football game in 11 years.

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Kenya's Style

Kenya Hunt
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9/22/09

To	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime	265	353	2	TVO	Great Canadian Parks		The Agenda With Steve Paikin		Blackpool		Life in Cold Blood		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	NCIS (N)		NCIS: Los Angeles (N)		The Good Wife "Pilot"		News Final
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	210	302	6	CBC	Wheel-Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes	Being Erica (N) (DVS)		CBC News: The National		The Hour
	214	344	7	CITY	Hell's Kitchen (PA) (N)		The Biggest Loser (N)				The Jay Leno Show (N)		News
	212	313	8	CTV	etalk	Hollywood	You Can Dance		The Mentalist (N)		Law & Order: SVU		CTV News
	218	345	11	CHCH	*Desperately Seeking Susan* ★★ (1985, Comedy), Madonna				*Fear* ★★ (1996, Suspense) Mark Wahlberg, William Petersen.				News at 11
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	-	-	14	-	Family Guy	The Office	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	East Meets
	213	326	15	SUN	The Insider (N)	George Lopez	World's Most Amazing Videos		To Serve and Protect		The Insider	Argos Access	Becker
	-	387	16	CBS	Inside Edition	Hollywood	NCIS (N)		NCIS: Los Angeles (N)		The Good Wife "Pilot"		News 4 at 11
	-	385	17	NBC	The Insider (N)	Entertainment	The Biggest Loser (N)				The Jay Leno Show (N)		News
	-	386	18	ABC	Wheel-Fortune	Jeopardy! (N)	Dancing With the Stars (HDTV) (Live)				the forgotten "Pilot" (N)		News
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	-	-	28	FOX	Judge Judy (N)	Two/Half Men	Hell's Kitchen (PA) (N)				Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	News-Lehrer	Foot in Grave	Happiness 101 With Tal Ben-Shahar			Great Performances			
	297	652	330	WPX	Two/Half Men	Family Guy	90210 (HDTV) (N)		Melrose Place "Grand"		PIX News at Ten Tong.		Two/Half Men
	296	654	331	SBK	Wheel-Fortune	Jeopardy! (N)	Law & Order: SVU		WBZ News (N)	Frasier	The Office	Name Is Earl	Frasier
	298	653	332	TLA	The Tyra Banks Show		According-Jim	Family Guy	KTLA News	KTLA News	Two/Half Men	Two/Half Men	90210 (N)
news	502	390	26	NW	CBC News	Mansbridge	CBC News: Tonight		CBC News: The National		CBC News: the fifth estate		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Kudlow Report		CNBC Reports		Inside Track: NASCAR		Porn: Business of Pleasure		Mad Money
sports	405	417	22	net	MLB Baseball Baltimore Orioles at Toronto Blue Jays. From Rogers Centre in Toronto.						Sportsnet Con.	Sportsnet Con.	Sportsnet Con.
	400	400	30	TSN	NHL Preseason Hockey Pittsburgh Penguins at Toronto Maple Leafs.					SportsCentre		Interruption	SportsCentre
	411	457	58	OLN	Ghost Hunters		Bounty Hunter	Bounty Hunter	Survivorman		Ghost Hunters		Bounty Hunter
	417	406	81	SC	Pimp My Ride	Pass Time	Monster Jam (HDTV)		Super Bikes!	Super Bikes!	Jacked!	Jacked!	Pimp My Ride
family	551	542	25	YTV	Drake & Josh	Prank Patrol	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz	Prank Patrol	Adrenaline Proj
	554	544	45	TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
	556	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	602	567	27	W	Old Christine	Friends	Friends	Grocery Bag	Style by Jury	Style by Jury	How to Look Good Naked		Naked Beauty
	570	580	29	MM	One Tree Hill "Hundred"		My Date With...	Video on Trial	Starmaker		MuchNews	My Date With...	One Tree Hill
	615	520	31	A&E	Criminal Minds (HDTV)		The First 48 Cabdriver.		Manhunters	Manhunters	Manhunters	Manhunters	Manhunters
	700	800	35	TLN	Centrovetrine	Sky TG 24	Il Buono, Il Brutto, Il Cattivo (Parte 2 de 2)			Serie A	George Lopez	George Lopez	George Lopez
cable variety	571	581	36	MMM	The Daily Fix		Ranked!		Wild 'n Out	Wild 'n Out	High School Reunion		The Daily Fix
	575	583	38	CMT	Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	Wilsons
	616	521	39	SHO	The Outer Limits		*The Unquiet* (2007, Suspense) Cara Buono, Chris Martin.				Bones		NCIS
	620	523	40	BVO	The Four Seasons Mosaic		Live at the Rehearsal Hall		Jessye Norman Jessye Norman's life.				Law & Order
	601	562	41	SLC	Rich Poor	Rich Poor	Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS	Bulging Brides	Bulging Brides	ET Canada
	522	506	43	HIS	Ancient Discoveries		Cities of the Underworld		Cities of the Underworld		Ultimate Engineering		Crime Stories
	625	548	44	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	House Party	Comedy Inc.	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	HGTV's Top 10	Dirty Business	SarahCottage	Genevieve	House Hunters	House Hunters	Holmes-Homes
	294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: SVU		*Shanghai Knights* ★★★ (2003, Comedy)		
	576	582	49	BET	106 & Park: BET's Top 10 Live		*The Cookout* ★ (2004, Comedy) Ja Rule, Tim Meadows.				Frankie-Neffe	Frankie-Neffe	W. Williams
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		The Nightmare (N)		Fringe (N)		InnerSpace (N)
	581	566	52	MTV	Cribs	After	MTV News	Parent Control	Daddy's Girls	Daddy's Girls	Daddy's Girls	Bitch Is Back	MTV Live
	618	524	54	TROP	'70s Show	'70s Show	Stunt Stars		ET Canada	Switch	Family Guy	'70s Show	'70s Show
	603	561	56	FOOD	Ricardo	Exotic	Restaurant Makeover		Hell's Kitchen		Good Eats	Good Eats	Iron Chef Am.
	261	394	60	V	Murder, She Wrote		Bless-Father	Dinnerladies	Quantum Leap		Unscripted	I Prophesy	Poltergeist
	621	527	63	STR	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (N)		TMZ
	553	546	65	TRE	Backyardigans	Nght Grdn	Waybuloo	Franklin	Little Bear	Maggie-Beast	Babar	Zigby	Max & Ruby
	115	711	101	TVA	Qui perd gagne (SC)		Caméra café	Taxi 0-22 (SC)	La Promesse (HDTV) (N) (SC)		TVA nouvelles	(10:45) Denis Lévesque	
	126	730	102	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal
	526	507	249	VIVA	Judging Amy		Missing "Mr. Nobody"		The Closer		Da Vinci's Inquest		Psychic Inv.
	300	601	301	M1	(7:15) *The Last Door* (2004, Drama) Andy Garcia.				*The Bucket List* (2007, Comedy-Drama)			(10:45) *Growing Op*	
	305	612	306	PIX	*Advent.-Ford*		(7:20) *Crosswinds* ★★ (1994, Action)		*The Jerk* ★★ (1979, Comedy)			(10:40) *Betrayed* (2003)	

critics'corner

Being Erica
Let's hope Erica learned from her attempt to prevent her brother's death at the end of last season. She went back in time to repair the damage she'd caused in the present, but things are still different since she got back. Dr. Tom is no longer her therapist and time-travel mentor in the season premiere, "Being Dr. Tom." 9 PM on CBC

NCIS
With the weight of the past on their minds, Gibbs and the team go back to work, with DiNozzo and McGee beginning a search for Ziva's replacement — an assignment that uncovers a startling truth as the seventh season opens in "Truth or Consequences." 8 PM on GTV CBS

The Biggest Loser
The contestants learn they can stay at the ranch for another week if they lose a certain amount of weight, and chef Curtis Stone puts in an appearance to help the players make healthier food choices during a kitchen boot camp. 8 PM on NBC CITY

National Book Awards voting on

The organizers of the U.S. National Book Awards are asking the public to choose the best fiction winner in the awards' 60-year history. The six finalists for the prestigious literary prize include Ralph Ellison's Invisible Man and William Faulkner's Collected Stories. THE ASSOCIATED PRESS

Bono gets peek at new Webber musical

It seems Bono found time for some musical theatre during his recent visit to Toronto.

Mirvish Productions says the U2 frontman attended a rehearsal for the new Andrew Lloyd Webber musical The Boys in the Photograph.

The musical, set to begin performances in Toronto this week, tells the story of a group of soccer players growing up in Belfast during beginning of the Irish Troubles.

Bono

Mirvish says the cast performed a selection of scenes for Bono, who was in town with U2 last week to perform two shows at the Rogers Centre.

Afterwards, Bono met with writer/director Ben Elton.

Elton called Bono "incredible," adding the singer even offered the cast some tips on Irish phrasing.

Bono and bandmate the Edge have recently been dabbling in musical theatre themselves, writing music and lyrics for a Spider-Man musical set to debut on Broadway next year.

"As songwriters new to the theatre, we have a lot to learn from Andrew Lloyd Webber," Bono said in a release issued by Mirvish.

"Stories like this need to be told and told in the popular theatre."
U2 singer Bono

"Ben Elton is so sharp — I'm interested in anything he does. This is a Canadian company telling an Irish tale by British writers on a theme that unites the whole world. Stories like this need to be told and told in the popular theatre." THE CANADIAN PRESS

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Trusting his intuition
After 10 months of dating, actor John Krasinski knew it was time to propose to his now-fiancée Emily Blunt. "So many people say, 'You know when you know,' and it's true," he said, adding, "it was a tough gig, but somebody had to do it." METRO NEWS SERVICES

Celebrity Buzz

MJ's 'son' Omer to play him in biopic

A LITTLE TOO LITERAL Michael Jackson's "son" is to play him in a new film.

Omer Bhatti — whom the late King of Pop allegedly told friends he had fathered — will play Jackson in a movie charting his rise to superstardom in the '80s, femalefirst.co.uk reports.

A source told Britain's The Sun: "Michael's story from childhood to the height of success is nothing short of astounding.

"The family feel fans would love to see a dramatic retelling. They want to cover his childhood and family life but really focus on when his career went into overdrive."

Although the Norwegian Bhatti — who has worked as a Michael Jackson impersonator — denies Jackson is his biological father, he has revealed the singer used to tell him he was "like a son" to him.

He was also welcomed by the Jackson family and sat in the front row at Jackson's Los Angeles memorial service in July.

Since his death in June, Bhatti has reportedly stayed at the Jackson family home in California.

Bhatti, 25, first met Jackson in 1996.

It has also been reported that the Ferris wheel from Jackson's Neverland Ranch has been enjoying a second life after an amusement company picked it up at an auction that liquidated items from the estate last year, according to the Associated Press.

"We ourselves really didn't advertise it," said Theresa Noerper of Archway Amusements. "When he died, it kind of blew up. There's no keeping secrets then."

Jackson fans have reportedly been showing up as the wheel tours the south, paying respects and taking pictures.

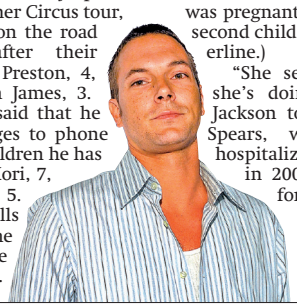
METRO NEWS SERVICES

Fat and K-Fed knows it

SELF-ASSURED Talk about Kevin Federline's ghastly weight gain all you want.

"He doesn't care," his ex Shar Jackson told usmagazine.com Sunday. "The beautiful thing about him is that he could care less."

As his ex Britney Spears continues her Circus tour, he's been on the road looking after their sons Sean Preston, 4, and Jayden James, 3.



Jackson said that he still manages to phone the two children he has with her: Kori, 7, and Kaleb, 5.

"He calls them all the time," she told Us.

"They have good long phone conversations. I'm like, 'OK, that's good. Hang up the phone 'cause we have stuff to do.'"

Jackson said she is also proud of Spears — whom she once loathed. (Spears famously began dating Federline while Jackson was pregnant with her second child with Federline.)

"She seems like she's doing well," Jackson told Us of Spears, who was hospitalized twice in 2008. "Good for her."

METRO NEWS SERVICES

Celebrity tweets

Pink doesn't appreciate being shushed, Jimmy Fallon has no time for dressing rooms, and Courtney Love is worried about America.

• @Pink I'm at an outdoor movie and some1 just "shushed me". I stated "rent the dvd" I'm not gonna lie, I'm gonna talk a little, I'm outside" heehee

• @jimmyfallon Just changed from a tux into street clothes in the back of a car in a Burger King parking lot. Off to the airport. New show tomorrow.

• @courtneylover79 we cant let our people starve and get so fat they are committing carbicide, and have no health, it made me really sad or teh economy, and more

METRO WORLD NEWS

Madonna's candy store ambitions

ALWAYS WANT WHAT YOU CAN'T HAVE Madonna dreamed of working in a candy store, femalefirst.co.uk reports.

The singer — who now follows a strict diet and exercise regime — was so "obsessed" with sweet treats as a teenager she wanted to sell them.

The 51-year-old revealed: "My dream was always to work in a candy store. It was because of my obsession with candy. I'm not obsessed anymore, now that my teeth are all rotten!

"I did go to a university for a year and there was a candy shop that I used to go to all the time, an old-fashioned one where all the candy was in these big glass jars.

"I used to go in there and look at all the candy and think, 'God, it would be really cool to work in here; I could have candy whenever I wanted.'"

METRO NEWS SERVICES

Who will make Mischa's coffee?

NOW HIRING: COFFEE INTERN Mischa Barton is still making work on The Beautiful Life difficult, according to Page Six. An onset source says Barton has been showing up to work so bleary-eyed, she's been holding up filming, and one day recently, she "kept demanding that someone make instant coffee for her.

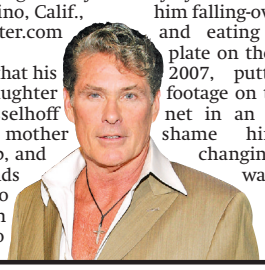
"Often, she'll stare at the coffee for minutes at a time and say, 'Who will fix my coffee? I need someone to fix my coffee.'"

METRO WORLD NEWS

Drunken Hoff taken to hospital?

FAMILIAR STORY? Baywatch star David Hasselhoff was admitted to hospital Sunday after drinking heavily at his Encino, Calif., home, popeater.com reports.

TMZ reports that his 17-year-old daughter Hayley Hasselhoff called her mother Pamela for help, and one of her friends is thought to have called an ambulance to retrieve Hasselhoff.



He was allegedly released that night.

Hayley famously filmed him falling-over drunk and eating from a plate on the floor in 2007, putting the footage on the Internet in an effort to shame him into changing his ways.

METRO NEWS SERVICES

Amy risks a drug relapse?

SNAGGLE-TOOTHED NO MORE Amy Winehouse finally got around to getting her teeth fixed, but now pals are worried the painkillers she's been given to cope post-surgery might spark a relapse, according to the Sun.

"Amy's teeth were in a pretty gross state," a source said. "They were brown and stained and needed major work on them and she was determined to get them back to their sparkling best.

"It's all major work and it's left her in almost constant pain, but she thinks the sacrifice is worth it. She's been given some very strong drugs to cope with the pain," the source added.

METRO WORLD NEWS

Kourtney's Emmy wardrobe issue

MAT WEAR Kourtney Kardashian admits her baby bump was an issue at Sunday's Emmys, usmagazine.com reports.

"It's hard to get dressed when you're seven months pregnant almost!" she told Ryan Seacrest, while wearing a floor-length black gown. "I still try to be fashionable."

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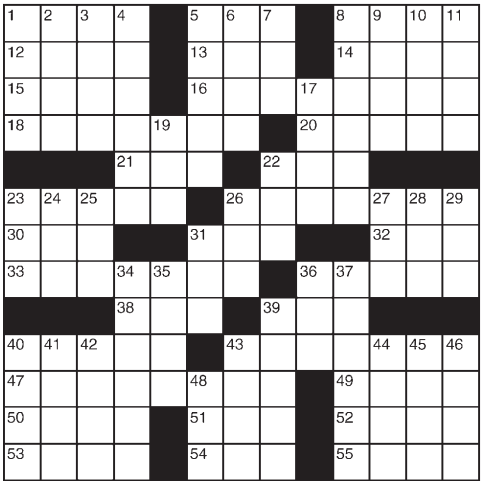


ACROSS

1 In the thick of
5 Letterman's network
8 Mafia boss
12 Unadorned
13 Exist
14 Sahara-like
15 Physical
16 News-item info
18 Air out, as laundry
20 Accumulate
21 Sailor's assent
22 Put to work
23 Wood-shaving tool
26 Tests
30 A billion years
31 Scale member
32 Adversary
33 Exhausts
36 Stood
38 Possess
39 Wildebeest
40 Quickly
43 Region of Australia
47 Make retroactive
49 Sad
50 Lo-cal
51 That guy's
52 Get a glimpse of
53 Formerly, formerly
54 Fool
55 Colonial seamstress

DOWN

1 Cain's victim
2 Long skirt
3 Ahmadinejad's land
4 Abase
5 Core group
6 Talk like 54-Across
7 Harden
8 Less nervous
9 Met melody
10 Cushion inserts
11 Honorific verses
17 Relaxed
19 Prepare Easter eggs
22 Link letters
23 Apiece
24 "Skip to My —"
25 Massachusetts cape
26 Speck
27 E.T.'s transport?
28 Ph. bk. data
29 Witness
31 Baltimore newspaper
34 Hole in the wall?
35 As yet unpaid
36 Pismire
37 Goodyear product
39 Surmise
40 Competent
41 Poker holding
42 Book after the Gospels
43 Elevator name
44 As well
45 Drink holders
46 Harpsichord lineup
48 "Eureka!"

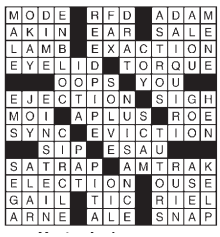
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		2						
	5			7		6	4	
	1	3			5	7		9
		6		3				
	3		6	4	2		7	
				9		2		
2		8	3			9	6	
	9	1		6			8	
						3		

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



5	7	1	8	2	6	4	3	9
9	6	2	4	1	3	8	5	7
3	8	4	5	9	7	2	6	1
7	3	6	1	4	8	5	9	2
4	2	5	7	3	9	1	8	6
1	9	8	2	6	5	3	7	4
2	5	9	3	7	4	6	1	8
8	4	7	6	5	1	9	2	3
6	1	3	9	8	2	7	4	5

On the web

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Metro Recipe of the Day

Fettuccine Alfredo

INGREDIENTS:

4 oz (125 g) uncooked fettuccine
3 tbsp (45 ml) butter
1 cup (250 ml) heavy whipping cream
1/4 cup (50 ml) plus 2 tbsp (25 ml) grated Parmesan cheese, divided
1/4 cup (50 ml) grated Romano cheese
1 egg yolk, lightly beaten
1/8 tsp (0.5 ml) salt
Dash each pepper and ground nutmeg

METHOD:

1. Cook fettuccine according to package directions. Meanwhile, in pot, melt butter over medium-low heat. Stir in cream, 1/4 cup (50 ml) Parmesan cheese, Romano cheese, egg yolk, salt, pepper and nutmeg.

2. Cook and stir over medium-low heat until thermometer reads 160°F (71°C — do not boil). Drain fettuccine; top with Alfredo sauce and remaining Parmesan cheese.

SERVES 2

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
The answers you seek are not hard to find but you'll need help from those who have asked the same sort of questions before you.

TAURUS ♉
APRIL 21-MAY 21
You won't lack for self-belief today but as mind planet Mercury is still moving retrograde you are advised to check facts and figures.

GEMINI ♊
MAY 22-JUNE 21
Family issues that have been causing you problems can quite easily be resolved, but you must stop putting them off.

CANCER ♋
JUNE 22-JULY 22
Mars in your birth sign does wonders for your confidence and you won't hesitate to speak up today if you feel you have something to say.

LEO ♌
JULY 23-AUG 23
You will have to bluff your way through a situation you would usually cope with quite easily. Fortunately others expect you to be assured and outspoken.

VIRGO ♍
AUG 24-SEPT 22
Mercury back in your birth sign means you are not afraid to speak your mind, and it could lead to some interesting scenes.

LIBRA ♎
SEPT 23-OCT 23
Others may be having second thoughts about what you are doing but you have no doubts. Your momentum will keep you moving.

SCORPIO ♏
OCT 24-NOV 22
You are prepared to risk anything to prove you are the best at what you do. Before the day is over almost everyone will be singing your praises.

SAGITTARIUS ♐
NOV 23-DEC 21
You will get your way today but you will probably upset one or two people in the process. But that won't worry you in the slightest.

CAPRICORN ♑
DEC 22-JAN 20
You won't lack for things to say over the next 24 hours, but make sure that any criticisms you have are justified and that your reasons for airing them are positive.

AQUARIUS ♒
JAN 21-FEB 18
With Mercury still moving retrograde, what others tell you they are going to do and what they actually do may be two different things today.

PISCES ♓
FEB 19-MARCH 20
You don't lack for ideas but you may lack the confidence to express them, and that's a shame because some of your ideas are quite brilliant.

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DEALS of the WEEK

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Departure tax: 25 CUC cash, paid locally

Santa Clara
Meliá Las Dunas • 4★
All-Inclusive • Standard rm.
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$499
Taxes & other fees (including service charges): $222
Departure tax: 25 CUC cash, paid locally

Punta Cana
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Sunset Jamaica Grande Resort & Spa • 4★
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Cancun / Riviera Maya
Occidental Grand Xcaret • 4 1/2★
All-Inclusive • Deluxe rm.
Nov. 15 • 1 wk.
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Honolulu via Vancouver
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